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VANCOUVER metro®
Tuesday, April 12, 2011
www.metronews.ca
News worth sharing.

Celebration. Of Light

▶ Fireworks light up the sky over Vancouver's West End during last year's Celebration of Light.

JENNIFER GAUTHIER/METRO FILE

Festival in the clear

Organizers of Vancouver's annual fireworks festival say the sponsorship woes that have plagued it in the past are behind them. This year's Celebration of Light will be a three-day Battle of the Champions between past winners China, Spain and Canada. The annual summer event runs July 30, Aug. 3 and 6. **Story, page 3.**

Commission monitoring Taser case

▶ Mountie who Tasered child has 18 months' experience on job ▶ Before now, youngest person to have been jolted by RCMP Taser was 13 ▶ Boy, 11, was living in group home under government care

An RCMP officer who stunned an 11-year-old boy with a Taser in Prince George was put on administrative duties yesterday and the RCMP public complaints commission announced it will be closely monitoring the case, which is under investigation by an outside police agency.

A spokesman for the commission said that the office had not received an official complaint about the boy's arrest last week, but that his age merits special attention.

"The commission has requested further information surrounding the handling of this incident," said Jamie Robertson.

West Vancouver police are investigating, and the commission will wait for their report before deciding what action is required. The commission chairman can choose to initiate an investigation even in the absence of a complaint.

RCMP Supt. Brenda Butterworth-Carr said the force's policy allows for children to be stunned with a Taser in certain circumstances, though she couldn't say what the circumstances were in this case or if there's a minimum age requirement.

Mounties have said officers were responding to a 911 call around 5:30 p.m. Thursday. They found a 37-year-old man had been stabbed, and began a search for an 11-year-old suspect who they located at a neighbouring property.

"Efforts were made to get the individual out of the house, and when he emerged from the home a conducted energy weapon was deployed by a member," Butterworth-Carr said.

She said the boy was taken to hospital for an assessment. The victim of the stabbing was hospitalized with non-life-threatening injuries.

Two detectives arrived in Prince George on Sunday and expect to complete their interviews by today.

THE CANADIAN PRESS

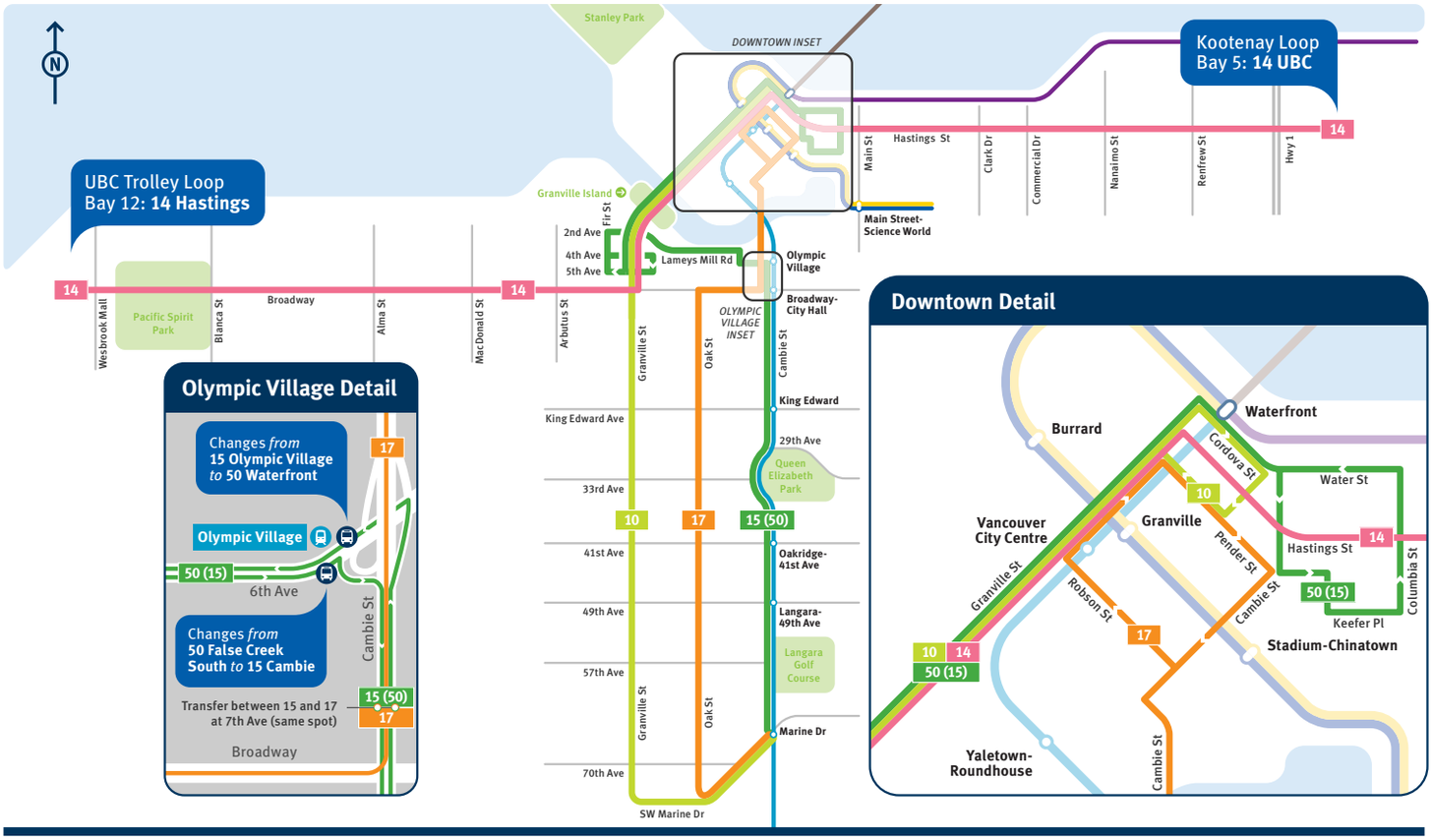
Beginning, April 18, changes to bus routes #10, #14, #15, #17 and #50 are taking place to improve connections and service reliability.

The historic #14 Hastings/Downtown/UBC will return, connecting UBC with Kootenay Loop via Downtown Vancouver. This route will replace the UBC/Broadway portion of the #17 and the Hastings portion of the #10.

- **#10 Granville/Downtown** will operate between Marine Drive Station and Downtown Vancouver via Granville St. Customers who used the **#10** along Hastings St. should use the #**14 Hastings/Downtown/UBC.**
- **#17 Oak/Downtown** will operate between Marine Drive Station and Downtown Vancouver via Oak St. and over the Cambie Bridge, connecting Downtown to the medical district. Customers who used the **#17** along UBC/Broadway should use the #**14 Hastings/Downtown/UBC.**

#15/50 will form one route, connecting South Cambie/Oakridge to Granville Island and provide earlier, later and more frequent service for the #50.

- At the Olympic Village Station, northbound **#15 Cambie** buses will change their route number to become **#50 Waterfront Station;** customers can stay on the same bus to reach Granville Island and downtown Vancouver via the Granville Bridge and Waterfront Station.
- **#50** buses from Waterfront Station will serve Granville Island and False Creek South, becoming **#15** buses at the Olympic Village Station and proceeding south on Cambie Street to City Hall, Cambie Village, Queen Elizabeth Park, Oakridge, Langara College and the Marine Drive Canada Line Station.
- Passengers wishing to cross over the Cambie Bridge can transfer to the **#17** trolley or the Canada Line, instead of using the **#15.**
- Customers who use the **#50** to Broadway and Willow can instead transfer at the 7th Ave stop to the **#17** for extended service westbound on Broadway to Oak and then south to Women's and Children's Hospital and VanDusen Gardens, or to the **#9** and **#99 B-Line** for West Broadway and 10th Avenue destinations all the way to UBC.



Legend

- 10 Granville/Downtown
- 14 Hastings/Downtown/UBC *New Route!*
- 15 Oak/Downtown
- 17 Oak/Downtown
- 50 Waterfront Station/ False Creek South
- Expo Line
- Millennium Line
- Canada Line
- West Coast Express
- SeaBus

Map not to scale

10/14/15/50 Fri/Sat/Sun/Holidays and day before Holidays after 9 p.m. service runs on Seymour and Howe Streets.

Need more information? Visit **translink.ca** or call **604-953-3333**

TRANSLINK

Sponsors in it for the long run, chairman says

The dark clouds hanging over the Celebration of Light fireworks festival in recent years have dissipated, according to organizers.

The tradition was plagued with a lack of sponsorship over the past four years and was only saved at the eleventh hour on a couple of occasions.

But John Reynolds, the new chairman of the Vancouver Fireworks Festival Society, said the uncertainty is in the past as he announced this year's plans.

"Right now we've got sponsors who are very happy to be with us and are looking forward to be doing it on a long-term basis," promised Reynolds.

This year's festivities — which will run over three nights instead of the previous four — are being dubbed the Battle of the Champions.

The past three winners of the fireworks competition — China, Spain and Canada — will be taking turns lighting up the sky over English Bay July 30, Aug. 3 and Aug. 6.

Mayor Gregor Robertson praised the work of organizers to keep the festival afloat during the recession and in the face of funding cuts.

MATT KIELTYKA/METRO

▶ Vancouver Fireworks Festival Society chairman John Reynolds, left, and Mayor Gregor Robertson.

"It's been challenging to all organizations and businesses over the last couple of years to keep things alive and keep big celebrations happening but they're crucial to the spirit of our city," he said. MATT KIELTYKA

Har-courting the electorate

Mike Farnworth and Adrian Dix considered frontrunners in race for NDP leader Party votes April 17

KRISTEN THOMPSON
@METRONEWS.CA

Mike Farnworth got the support of a fellow Mike — and a former B.C. premier, to boot — when Mike Harcourt announced he was officially endorsing the Port Coquitlam MLA.

Harcourt said he's been speaking to British Columbians about the NDP leadership and "they said Farnworth's the guy."

"I can vouch that he has the capacity of being a fine premier," he said.

Farnworth said the endorsement is an honour, but the party's 28,000 members "are going to make their own minds up."

"It's going to be a very exciting and extremely competitive election."
MIKE HARCOURT, REGARDING PROVINCIAL ELECTION

As to whether the playoff game on Sunday will reduce voter turnout, Farnworth said British Columbians will have their priorities sorted.

"And that is the Canucks first, the leadership second," he joked.

KRISTEN THOMPSON/METRO

▶ Former B.C. premier Mike Harcourt, left, and NDP MLA Mike Farnworth in Vancouver yesterday.

Police urge calm during Canuck celebrations

Vancouver police are warning Canucks fans to be responsible and urging them to use common sense during the playoffs.

"While it's difficult to predict the size of the crowds, we know from past experience that thousands of people from all over Metro Vancouver will converge downtown to celebrate," Const. Lindsey Houghton said in a release.

The Canucks open the 2011 Stanley Cup Playoffs at home tomorrow night in Game 1 of a best of seven series against the Chicago Blackhawks. JEFF HODSON

JEFF HODSON/METRO FILE

▶ Const. Lindsey Houghton

News in brief

Seatless Christy Clark recalls legislature

Premier Christy Clark has recalled the B.C. legislature for April 27, but she won't have a seat until she calls a byelection, which is expected in Vancouver-Point Grey, the riding vacated by Gordon Campbell. THE CANADIAN PRESS

Retrial ordered for teacher

A new trial was ordered for a former teacher facing sex charges involving a student. Two perjury charges against 46-year-old Deborah Ashton were also laid. THE CANADIAN PRESS

1 news

Spring means familiar insects emerge again, but some pose real health risks. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Allan Small on why investors should keep a wary eye on rising oil prices.

More at metronews.ca./investing

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News in brief

Polygamy law unfair: Lawyer

RELIGION. The judge hearing a challenge of Canada's ban on multiple marriages has been told the law violates the freedom of religion and should be tossed out.

A lawyer, appointed by government to oppose the law, said the legislation passed in 1890 to target Mormon polygamy and impose Christian monogamy. Because of that religious purpose, he argued, the law must be thrown out.

THE CANADIAN PRESS

B.C. couple still at large

SEARCH. Oregon police are scaling back the search for Penticton residents Albert and Rita Chretien, who have been missing almost a month after having disappeared last month on their way to Las Vegas.

THE CANADIAN PRESS

THE RACE FOR THE NDP LEADERSHIP

ADRIAN DIX

Best-known for his high-profile role as the B.C. NDP's passionate health critic, Adrian Dix has served as a Lower Mainland MLA since 2005, representing the riding of Vancouver-Kingsway. Prior to getting involved in elected politics, Dix spent thee years as chief of staff to former premier Glen Clark, and has worked as a columnist and pundit for numerous local media outlets.

On the diversity of the B.C. population:
Is there enough multiculturalism as opposed to successive monoculturalisms? I don't know, but I think the younger you get in the community the more diversity and the more integration there is. I think that's exciting, and I think that tells us what the next generation is going to be like.

On what the B.C. Liberal Party believes:
Clearly, they're devoted to the singular notion of tax cuts as a solution to our economic problems. They continue to spout that in spite of all of the evidence that points to an unsuccessful economic record. The worst economic growth record, in fact, of any government in my lifetime.

On whether the NDP is a "free market" party:
I think we have a mixed economy. My dad's a small-business person. We're seeking to be the government in an open-market economy, and we have to deal with that reality.

On inequality:
Unequal societies have a higher rate of mental illness, a higher rate of drug abuse, higher rates of infant morality, lower rates of life expectancy and so on. So I think more equal societies are better societies, and that's what drives me in politics.

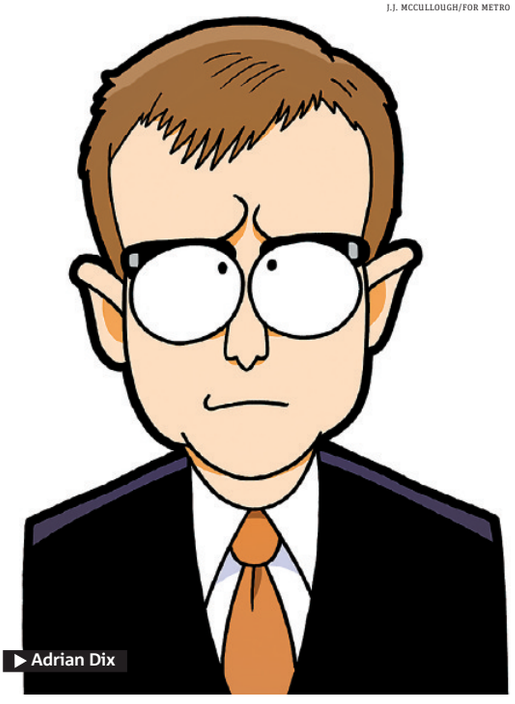
On private versus public medicine:
Why is it less expensive to build cars in Canada than the United States? Because of public health care. Public health care is good for business, and private health care increases inefficiencies, increases costs, increases costs on business as well as on the public and provides a lower level of care.

On government priorities:
We're spending $600 million on a roof for B.C. Place, but we can't find money to build transit. We can't buy the buses we need. Who's involved in these decisions? Is that really what government should be spending its money on?

On fixing government:
I think we need to get money out of politics. I think it would be better for politics in B.C. if we had a ban — as they do at the federal level — on corporate and union donations, and had some public financing instead, so that it's possible to do politics without constantly fundraising.

On the prospects of a Dix-Clark matchup:
I can't wait. I think there would be a big turnout in that election. And I think we'll win.

J.J. MCCULLOUGH/FOR METRO



▶ Adrian Dix

J.J. MCCULLOUGH IS A LOCAL CARTOONIST AND POLITICAL COMMENTATOR. VIEW HIS WORK AT FILIBUSTERCARTOONS.COM

For the full interview, visit metronews.ca

May still mad at being scratched from lineup

Elizabeth May would like to throw the broadcasting consortium in the penalty box for unsportsmanlike conduct.

The Green party leader is furious that the TV stakeholders would change the date of the French-language leaders' debate to avoid conflicts with the Montreal Canadiens playoff game but still refuse to budge on their decision to exclude May from the debates.

"If they can change the debates at the last minute for hockey, they can change the debates at the last minute for democracy," May said at a party rally outside the Vancouver Art Gallery yesterday.

The English debate will air live today at 4 p.m.

May says she's ready, despite broadcasters' having "stonewalled" her.

"I'll be there ... All they need to do is phone," she said.

May participated in the 2008 leaders' debates.

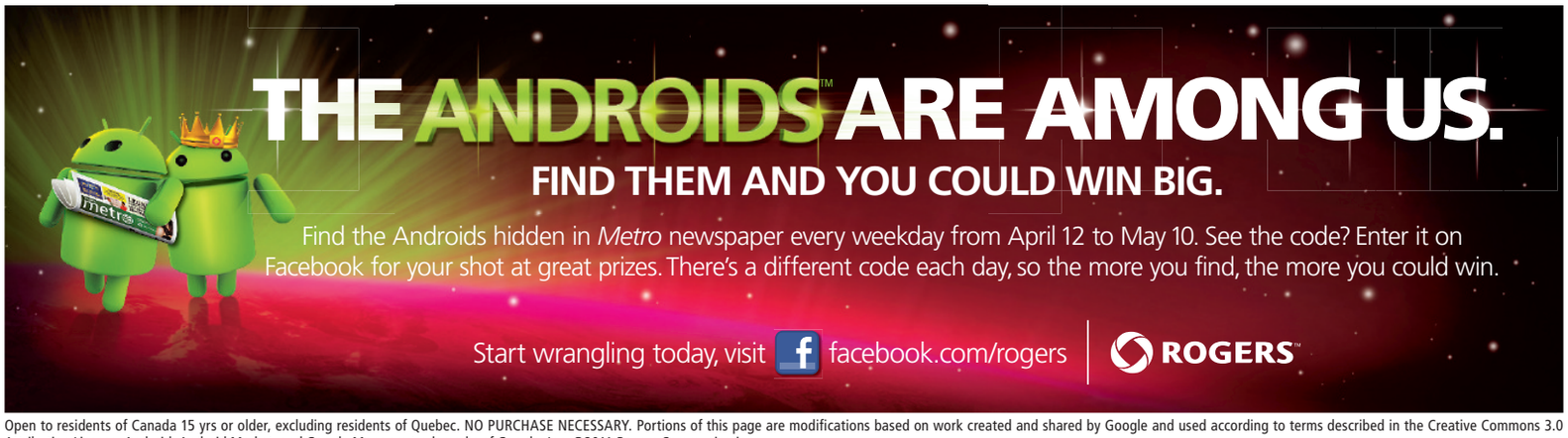
Her exclusion this year has prompted widespread criticism, including from the ombudsmen of the CBC and Radio Canada — two members of the consortium that chose not to include May.

While the Green party has never had a candidate elected to office, they managed to earn just under a million votes in the last federal election.

MATT KIELTYKA

MATT KIELTYKA/METRO

▶ Federal Green party Leader Elizabeth May appears at a rally outside the Vancouver Art Gallery yesterday.



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Tories misled House: Report

Leaked auditor general draft charges Tories spent lavishly on dubious projects for G8 summit ◐ Report questions legality of funding approval

Election 2011

The opposition calls it explosive: A bombshell draft report by Canada's auditor general, complete with charges of pork-barrel largesse, dubious government spending and a "misinformed" Parliament.

The Conservatives call it a dud.

Either way, the early draft of Sheila Fraser's forthcoming report promises to rattle podiums today when the televised leaders' debates get underway.

Fraser's confidential Jan. 13 draft, a chapter of which was seen by the Canadian Press, says the government misinformed Parliament to win approval for a $50-million G8 fund that lavished money on questionable projects in Industry Minister Tony Clement's riding.

And it suggests the process by which the funding was approved may have been illegal.

Conservative cabinet minister John Baird insisted yesterday that the final report differs from the draft — most notably in that it doesn't say the government "misinformed" Parliament.

THE CANADIAN PRESS

Loose funds

Among the questionable projects funded were:

- **$274,000** on public toilets 20 km from the summit site.
- **$100,000** on a gazebo an hour's drive away.
- **$1.1 million** for sidewalk and tree upgrades 100 km away.

ADRIAN WYLD/THE CANADIAN PRESS

▶ Workers prepare the set for today's 2011 Federal Election debate in Ottawa, yesterday.

Poll shows majority within reach

The Conservatives have opened a double-digit lead over the Liberals in the latest poll — and are again knocking on majority's door.

The new Canadian Press Harris-Decima survey suggests Stephen Harper's party stands at 40 per cent, 12 points ahead of the Liberals, heading into the first of two televised leaders' debates.

The NDP were at 15 per cent, with the Bloc Québécois and the Greens trailing at eight per cent.

Last week, the two top parties were only seven points apart with the Tories leading 35 to 28 per cent.

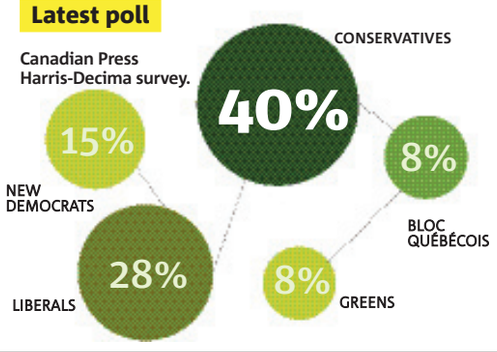
The latest sampling of voter intentions suggests Liberal gains during the first week of the campaign might have been a short-term setback.

The telephone survey of 1,018 people was taken between April 7 and 10, and the results are considered accurate to within plus or minus 3.1 percentage points, 19 times out of 20.

The findings do not take into account the latest controversy to hit the Conservatives; that is, yesterday's leaked draft auditor general's report pointing to possible spending irregularities during last June's G8 summit. THE CANADIAN PRESS

Latest poll

Canadian Press Harris-Decima survey.



Chernobyl level threat in Japan

Japan's nuclear safety agency has raised the severity rating of the crisis at its nuclear plant to the highest level, on par with the 1986 Chernobyl disaster.

An official with the Nuclear Safety Commission of Japan, speaking on national television, said yesterday the rating was raised from 5 to 7.

THE ASSOCIATED PRESS

You plan
how you save.

Face-veil ban

France put into motion yesterday the world's first ban on Islamic face veils, meaning that women may bare their breasts in Cannes but not cover their faces on the Champs-Elysees.

THE ASSOCIATED PRESS

Last. Trip

▶ Kate Middleton reacts to the crowd at Witton County Park in Darwen, England, yesterday, during a visit to support local youth charities in the region.

ALASTAIR GRANT/THE ASSOCIATED PRESS

Pre-wedding travels

Prince William and fiancée Kate Middleton brought their electric smiles to northwest England yesterday for the last trip in their pre-wedding tour of the U.K. Adoring crowds in Blackburn ignored a steady rain to get a glimpse of the royal couple, who plan to marry April 29 at Westminster Abbey in London.

Gbagbo captured in bunker raid

Strongman suffers literal slap in the face during arrest by Ivory Coast forces ◐ French air strikes aid in topple

Forces loyal to Ivory Coast's elected president ended the 10-year rule of strongman Laurent Gbagbo yesterday, storming the bunker where he had holed up and putting him under arrest following a crisis that left hundreds dead and threatened to reignite a civil war.

Gbagbo's dramatic arrest came after days of heavy fighting during which French and UN helicopters fired rockets at his presidential residence. Forces backing the internationally recognized winner Alassane Ouattara had begun a rapid offensive to oust Gbagbo last month.

Issard Soumahro, a pro-Ouattara fighter at the scene, told The Associated Press that the ground offensive to seize Gbagbo came after the French launched air strikes until at least 3 a.m. yesterday.

THE ASSOCIATED PRESS/TCI VIA APTN

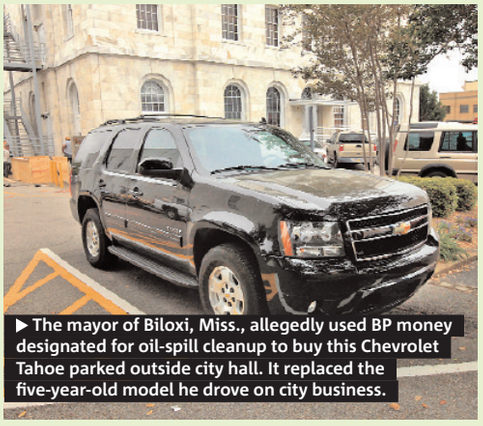
▶ Laurent Gbagbo

"We attacked and forced in a part of the bunker. He was there with his wife and his son," Soumahro said. He added that Gbagbo was tired and had been slapped by a soldier, but was not otherwise hurt.

In western Ivory Coast, rebels fired into the air in jubilation in Duekoue, causing a panic among refugees who fled in all directions or dropped to the ground in terror. In villages going east from Duekoue people danced in the streets, waving tree branches. In one village, young men paraded with the orange, white and green Ivorian flag.

THE ASSOCIATED PRESS

GERALD HERBERT/THE ASSOCIATED PRESS



▶ The mayor of Biloxi, Miss., allegedly used BP money designated for oil-spill cleanup to buy this Chevrolet Tahoe parked outside city hall. It replaced the five-year-old model he drove on city business.

BP EQUALS BIG POCKETS

BP BUYS GULF COAST MILLIONS IN GEAR

In the year since the oil spill on the Gulf of Mexico, officials on the coast have gone on a spending spree with BP money, dropping tens of millions of dollars on gadgets and other gear — much of which had little to do with the cleanup.

In sleepy Ocean Springs, Miss., reserve police officers got Tasers. Nearby Gulfport bought a $300,000 vacuum truck that never sucked up a drop of oil. A parish president in Louisiana bought herself a deluxe iPad.

In every case, communities said the new equipment was needed to deal with the spill. In many instances, though, lots of money wound up in towns that never even saw oil from the disaster.

All told, BP PLC says it has paid state and local governments more than $754 million US and reimbursed Washington $694 million US. But there has been almost no accounting for the money. THE ASSOCIATED PRESS

IMF boosts outlook for Canada's economy

Risks for Canada in 2011 are deteriorating housing markets and rising household debt combined with weak U.S. economy and European debt

Canada's economy will grow by 2.8 per cent this year, up from an earlier forecast of 2.3 per cent, the International Monetary Fund said yesterday as it warned the world is facing new threats from surging oil prices, Mideast turmoil, higher inflation in China and Europe's debt woes.

In the face of these challenges, the IMF lowered its expectations for Canada for 2012 to 2.6 per cent compared with 2.7 per cent in an earlier forecast. The Canadian economy grew 3.1 per cent in 2010.

Meanwhile, the global economy should grow 4.4 per cent this year. That compares with growth of five per cent last year. The IMF projects industrial countries will grow 2.4 per cent while developing countries will grow at 6.5 per cent.

Olivier Blanchard, the IMF's chief economist, said it is critical for countries running large government deficits, such as the United States, to make progress in getting those deficits under control.

At the same time, countries with large trade surpluses, such as China, need to boost domestic demand and not rely so heavily on exports to generate growth. THE CANADIAN PRESS

STEPHEN JAFFE/IMF/THE ASSOCIATED PRESS

▶ "The world economic recovery is gaining strength, but it is unbalanced," Olivier Blanchard, the IMF's chief economist, said at a news conference yesterday in Washington, D.C. The IMF is meeting with Group of 20 nations this weekend to discuss threats to the global recovery.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
– 211.57 (13,996.86)	+ 0.10 (104.55¢ US)	– $2.87 US ($109.92 US)	$4.108 US (+ 6.7¢ US)	$1,468.10 US (– $6 US)

You plan how you invest.

She says ...

JESSICA NAPIER

MESSAGE OVERLOAD

I'm not what you would call technologically inclined. I collect old typewriters, scribble all my appointments in a moleskin notebook and every cellphone I buy malfunctions just a few days after the warranty expires.

But as much as I hate technology, I hate being out of the loop even more. And so, this weekend I reluctantly downloaded LivePro-file — a new instant messaging app for my BlackBerry. Do I need yet another way to host multiple conversations on my mobile? Of course not.

And, yet, it would appear that our generation's voracious appetite for instant messaging still hasn't been satisfied. This latest cross-platform service quickly surged to one million users in just five days after launching an app for BlackBerry users at the end of March.

So if you were having trouble connecting with me via BBM, SMS, Gmail chat, Facebook, Skype, LinkedIn, Twitter, email and, oh yea, the actual telephone, there is now a brand new way to reach me on whatever smartphone of choice you have glued to your sweaty palm. Ironically, the more ways there are to stay in contact, the less connected I feel.

My desire to join the conversation (wherever it might be) means that quality correspondence gives way to compulsion. I routinely experience phantom vibrations (Google it) and like Pavlov's poor canine, I start salivating at the very sight of a blinking red light.

The pressure to keep up with the rapid dialogue these technologies facilitate diminishes our ability to nurture meaningful relationships. We let cellphones become the intrusive third wheel on dinner dates and scan status updates and online photo albums instead of planning face-to-face catch-up sessions.

So, has this brave new world of mobile messaging left us entirely out of touch with reality? Maybe not.

Last week I received a handwritten letter from a long-distance friend. This small note probably took her less than 20 minutes to compose, seal, stamp and mail and yet it was infinitely more meaningful than 20 days worth of instant messaging.

I read it over no less than three times before carefully placing the pages on a pin board in my bedroom — a much more tangible keepsake holder than my virtual catalogue on Pintrest.com.

I'll preserve the letter like an ancient relic of a time gone by to remind myself that every once in a while there is real value in going offline. Because maintaining a constant stream of texts, tweets, pins and posts doesn't really seem like networking anymore, it just seems like work.

Read more of Jessica Napier's columns at metronews.ca/shesays

Worth mentioning

The six humans circling the Earth said yesterday they will join in the celebrations of two prominent space anniversaries from the best vantage point of all — orbit.

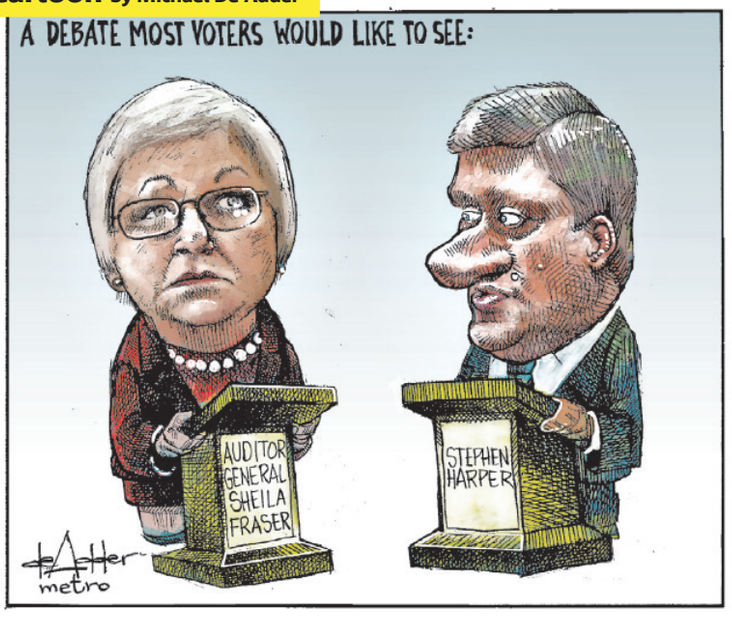
Today marks the 50th anniversary of man's first journey into space and the 30th anniversary of the first space shuttle launch.

"We're going to spend the day (today) recognizing it in probably the best place you possibly can, that's on orbit and looking at our beautiful Earth," American astronaut Ronald Garan Jr. told The Associated Press from the International Space Station.

The space station's Russian commander, Dmitry Kondratyev, said the human dream of flying to the stars came true with Soviet cosmonaut Yuri Gagarin's flight on April 12, 1961.

"Fifty years is a short period of time in history, but look at that leap from a small spacecraft to the huge International Space Station," Kondratyev told the AP. "We hope that during the next 50 years, another leap that is not less than has been done, will be done." THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

Bring apple for a teacher, snack for a judge

If you have to face a judge, try for first thing in the morning or right after lunch. A new study suggests that is when they are most lenient. Seeking to test the idea that justice depends on "what the judge ate for breakfast," researchers studied 1,112 rulings by Israeli judges who were presiding over boards deciding whether to grant parole to prisoners.

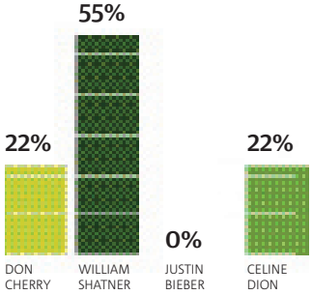
"We find that the likelihood of a favourable ruling is greater at the very beginning of the work day or after a food break than later in the sequence of cases," the researchers report in today's edition of Proceedings of the National Academy of Sciences.

They found that at the beginning of a court session about 65 per cent of the rulings tended to be in favour of the prisoner, but the chance of a favourable ruling declined to near zero by the end of the session. After a break for a meal, favourable rulings for the prisoners jumped back up to about 65 per cent, and then began declining again. And the pattern held true for each of the eight judges observed over 50 days, they noted. THE ASSOCIATED PRESS

metro life panel

Register at metrolifepanel.ca and take the quick poll

Forget the current federal leaders, who would make a better prime minister?



Local tweets

- **@lisa_kwong:** But you don't look a day over 29! ;) RT @trevor_linden Thx for all the B-day wishes. I just realized I am 41 today ... ughhh.
- **@catherinebarr:** 30 Rock star and comedian Tracy Morgan will be appearing at Vancouver's Orpheum Theatre on May 20. http://ht.ly/4xXnY
- **@dcmahiban:** Sounds like Cody Hodgson will fill in on the third line for Torres (suspended) in game 1 #Canucks #NHLPlayoffs
- **@vanparkgm:** Wonder where the firetruck at Second Beach #StanleyPark has gone? It's in the shop getting weld repairs and a new paint job
- **@keithbaldrey:** NDP leadership vote on Sunday runs smack up against Game 3 Canucks vs. Hawks. So much for a tv audience. #leadbcndp #bcpoli
- **@VIAwesome:** Just bought a much needed new Macbook from @LondonDrugs. Dude at the Woodwards location is possibly the friendliest computer salesman ever.

metro

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When the NHL playoffs begin tomorrow, Canada's national pastime will be pervading our everyday lives To prepare you, here are the best movies to get you in the mood for hockey

An all-star lineup of the best hockey films

MVP (Best Overall): Slap Shot (1977)
Nothing has captured the rough-and-tumble life of hockey as well as Paul Newman leading the Charlestown Chiefs and those bloodthirsty Hanson Brothers. Based on a real 1970's semi-pro team called the Johnstown Jets, Slap Shot is the Wayne Gretzky of all hockey movies.

Most Sportsmanlike: The Rocket (2005)
This inspiring biopic about legendary Habs star Maurice Richard is remarkable for noting the struggles of a determined Francophone player in the NHL's brutally fierce early days. It earned nine Genie Awards including best actor for Roy Dupuis.

Most Improved (with time): Sudden Death (1995)
Sure, it may not be a hockey movie per se, but with Jean-Claude Van Damme trying to halt a terror attack during the Stanley Cup finals, Sudden Death is definitely worth revisiting. Besides, any movie featuring a three-minute fight scene between the Muscles from Brussels and the Pittsburgh Penguins mascot can't be that bad.

Player's Pick: Miracle (2004)
"I love (Miracle) simply because it's a huge moment in hockey history," said Vancouver Canucks forward Mason Raymond of the dramatic retelling of Team USA's gold-medal win in the 1980 Winter Olympics. "That movie shows everyone what hard work, team work and a bit of luck can give ... it should be mandatory for all future hockey players to watch that movie."

GETTY IMAGES

Top Prospect: Goon
Directed by Michael Dowse (Fubar) and starring Jay Baruchel from a script he co-wrote, this comedy about a bouncer who finds his calling as a hockey goon recently wrapped filming in Winnipeg and will undoubtedly cinematically reclaim the game for Canada when it hits theatres later this year.

STEVE GOW
SCENE@METRONEWS.CA

2 scene

Scene in brief

Reese Witherspoon mourns the loss of her privacy. The Oscar-winning actress says she sometimes sits in her car crying because she cannot go out in public as much as she'd like.
THE ASSOCIATED PRESS

Rutgers students seek Bruce Springsteen to help polish school's image, counteract Snooki event

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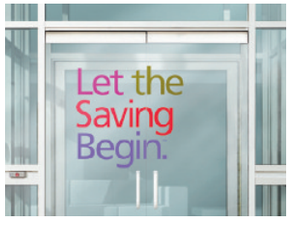

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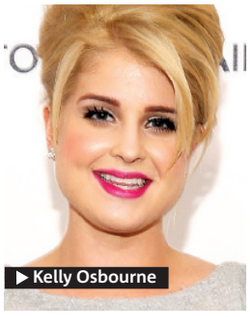
Osbourne worried about weight


▶ Kelly Osbourne

Kelly Osbourne is reportedly considering gastric bypass surgery to maintain the results of her recent weight loss after she returned from vacation to find some of the weight coming back, according to the Daily Star.

"Kelly knows a gastric band would be drastic but she's desperate to keep the weight off," a source says.

METRO

Celebrity tweets

@JessicaSimpson

"Rumor patrol...I haven't been to the DMV in years!!!"

@daxsepard1

"I was hit by a range rover a month ago on Vermont. If anyone saw this please let me know. Photos would rule."

@1capplegate

"It doesn't matter how rough a day can be, or how little sleep I get.When I look into those blue eyes..everything washes away. I love my baby"

@pattonoswalt

"Sitting next to Kristin Davis on plane, which sucks 'cuz I'm a total Miranda."

Halle thinks she's not the marrying kind

Blames poor choices in love on lack of a good male role model growing up

ALL PHOTOS GETTY IMAGES FILES

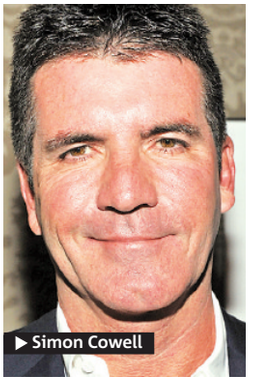
▶ Halle Berry

Halle Berry has decided, after some trial and error, that marriage just isn't for her, according to the Sun.

"I wish I had known then that I was not the marrying kind. It would have saved me a lot of time, heartache and grief over the years," Berry says.

"I made all the wrong choices when it came to love. I have been an idiot."

And the Oscar-winner attributes that behaviour in part to her upbringing: "My father left us when I was young and that did affect my life," Berry says. "If I had a good father in my life, growing up, then I do not think I would have made the mistakes I made ... I would have had a good role model and known what to look for." METRO


▶ Simon Cowell

Simon's family fears burnout

With the U.S. version of his hit show X Factor set to launch, Simon Cowell is a busy man — perhaps too busy.

"Simon's mom is freaking out. His family thinks he's doing too much and are telling him to slow down before his workload seriously damages his health." a source tells the Sun. Cowell is reportedly planning to be a judge on both the American and British editions of the show, though some have their doubts. "Simon's a workaholic but he'd need a time machine to be physically able to appear on both the American and UK versions," another source says. METRO

Quaid: It's just what you did

Though his struggles with cocaine addiction haven't been a secret, Dennis Quaid is opening up about his struggle in his own words. "It was very casual at first. That's what people were doing when they were at parties. Cocaine was even in the budgets of movies, thinly disguised," the actor writes in an article for Newsweek.

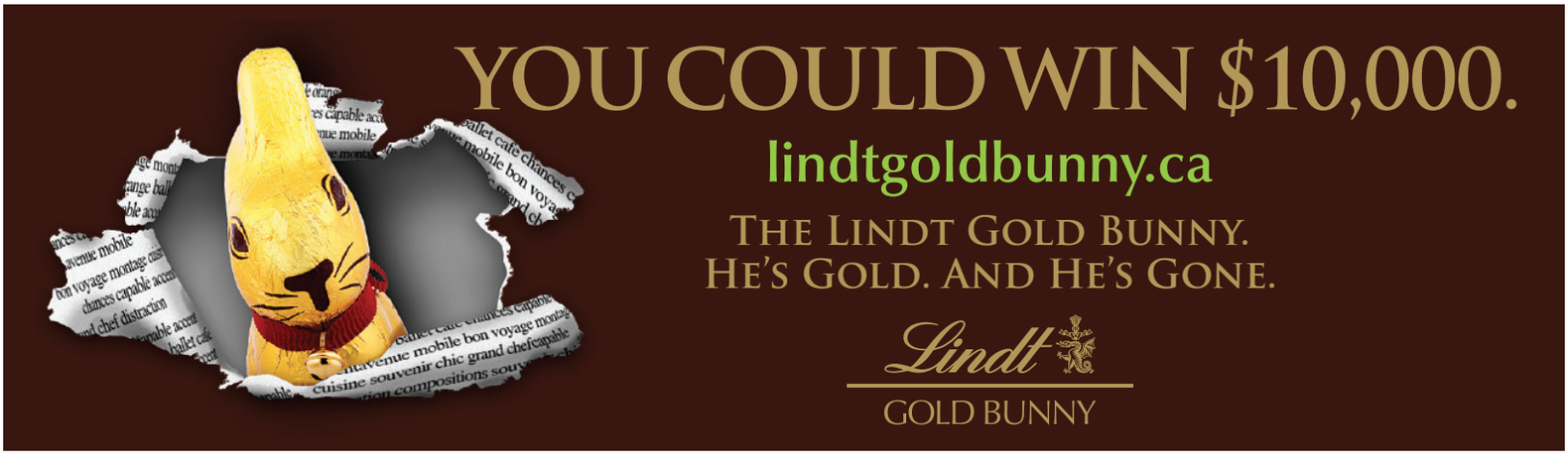
"My life was falling apart, and I noticed it myself." Quaid entered rehab in the early 1990s. METRO

Sheen missing old job?

While bringing his Violent Torpedo of Truth tour to New York's Radio City Music Hall, Charlie Sheen seemed to change his tune when it came to Chuck Lorre, his Two and a Half Men boss and verbal sparring partner.

"Let's get Chuck Lorre at Radio City and let's fix Two and a Half Men, Sheen told the audience. "Of course I want my job back."

METRO



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TUESDAY, APRIL 12, 2011

LEARNING CURVE

What's new on campus

From award-winning crispy duck breast with chestnut bread pudding to a cool new iPhone app and designing robots that respond to commands Check out what's happening at a post-secondary institution near you

MIRIAM OSBORNE
LIFE@METRONEWS.CA

Presenting B.C.'s best young designer

The Art Institute of Vancouver congratulates alum Daniel Meloche, who was named the Grand Prize Winner in B.C.'s Best Young Designer Competition at Morgan Crossing. Meloche graduated from The Art Institute of Vancouver with an Interior Design & Foundation for Design Diploma in October 2009. After being chosen as a semi-finalist, Meloche was given a $12,000 decorating budget and access to a two bedroom suite at Morgan Crossing, a housing development in South Surrey. Meloche stretched his budget by creating his own custom pieces.

Scholarship awards... for art's sake

Aspiring graphic designers enrolled in Vancouver Island University's Graphic Design degree program received three scholarship awards from the Society of Graphic Designers of Canada (GDC), Vancouver Island Chapter. Students Greg Dubeau and Tashia Potter each received $1,000 tuition scholarships, while Trina M'Lot received $500.

New Health Care Assistant program announced

Native Education College now offers a Health Care Assistant Certificate Program. This seven-month program will prepare students to enter the health care profession. With this program comes free tuition, textbooks and supplies, culturally sensitive training experience and job placement supports.

Art Institute student's duck breast... is almost famous!

A new addition at this year's Canadian Regional S.Pellegrino Almost Famous Chef Competition was the People's Choice Award, which went to Christine Amanatidis of The International Culinary School at The Art Institute of Vancouver for her signature crispy duck breast with chestnut bread pudding. "Winning the People's Choice Award is awesome, but I didn't come here to win, I came here to learn, and it's been a great learning experience," she said. "Ultimately you compete with yourself."

MTI steps up Pharmacy Technician program

The Pharmacy Technician program at the Surrey campus of MTI Community College has been awarded the status of Qualifying Accreditation by the Canadian Council for Accreditation of Pharmacy Programs.

Scholarship for Immigrants announced

Ashton College is currently accepting applications for the 2011 Lilian To Scholarship for Immigrants. The scholarship was established in 2005 in honour of the late Lilian To, a longtime advocate for immigrants in B.C. Eligible newcomers are offered the scholarships every year, valued at $30,000 in total. This covers the winners' tuition at Ashton College for a full-time or part-time program. Immigrants who landed in Canada in 2006 or later are eligible to apply. Along with a completed application form, applicants must submit a 500-word essay as well as their most recent résumé. Deadline for applications this year is June 30, 2011. For more details, go to ashtoncollege.com/scholarships.php or contact Jane Chang at 604-899-0803.

Ashton College receives Track A designation

The Korean Council for University College Education recently selected Ashton College to receive listing as a Track A school — institutions researched and recommended directly by the Council to various Korean universities and colleges as having an assured quality of programs. Ashton is currently the only college in Canada to have this designation. The Korean Council, which represents 155 universities and colleges, operates government-funded overseas practicum programs. The first batch of 18 students representing 10 Korean university colleges arrives in May.

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Learning Curve. Campus news

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Kwantlen business students are a stand out

A team of Kwantlen Polytechnic University business students finished ahead of rival teams from the University of British Columbia, Simon Fraser University and the University of Alberta at the prestigious Intercollegiate Marketing Competition (IMC).

The team finished in third place behind two American competitors. Kwantlen's Erin Spiller, Amanda Ovenden and Sean Krause went toe to toe with seven other teams at the marketing-focused business case competition.

Though the teams typically train for months leading up to the competition, Kwantlen's team was formed only two days before the start of the day-long competition.

FLICKR: ADPOWERS

Satellite design competition takes off

Geocentrix Technologies Ltd. has announced that the University of British Columbia is among teams competing for Canada's first Canadian Satellite Design Challenge (CSDC).

This Canada-wide university competition is challenging universities to create new innovative satellite designs that may lead to advancements in this industry. The challenge runs over two academic years and the winning team will be selected in late 2012, with the intention of launching its satellite into orbit to conduct science research.

Excitement is mounting as the teams work toward the first project milestone: a Preliminary Design Review, where experienced engineers and scientists from the Canadian space industry will evaluate their initial designs.

The CSDC will give participating students a solid foundation in satellite design, project management and working in a large, inter-disciplinary team setting.

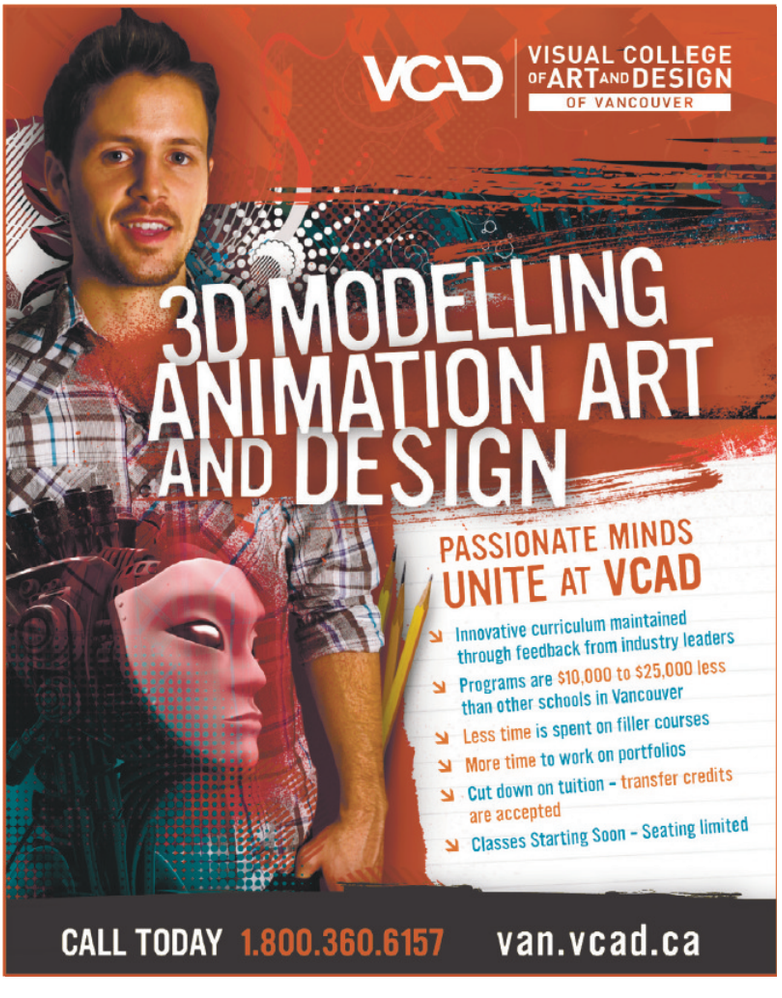
FLICKR: MECCANICA

Eat St.: It's now on your iPhone

The Eat St. iPhone app debuted earlier this month in conjunction with the Food Network's launch of the television series, Eat St.

The idea for the mobile app emerged from a brainstorming session between Emily Carr's SIM Centre and Paperny Films on how social media could be used to enhance viewer experience.

The app was then developed by Invoke Media. Users will be able to access information on vendor locations, menu, hours of operation, photos, reviews and a Twitter feed (@EatStTweet) in Vancouver and major cities throughout North America.



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FLICKR: SILLYGWAILO

Apple Awards put a shine on Langara

Langara College is proud to accept two Apple Awards from the 2011 College Media Advisers National Convention in New York City.

The Publishing program's student publication Pacific Rim Magazine placed first in the General Interest Magazine category, while the Journalism program's student newspaper The Voice placed second in the Two-Year (College) Newspaper category.

"We are very proud of our students and faculty who have worked so hard to make these publications successful," said Dr. Julie Longo, Langara College's Dean of Arts.

FLICKR: SASHAFATCAT

Simon Fraser student says 'do this' — to robots

Simon Fraser University researchers are paving the way for humans to direct robots without pushing or prodding them.

SFU computing science student Brian Milligan won an award recently for his video demonstrating an uninstrumented person selecting and commanding a group of robots by looking at them and using hand gestures. The small robots are attached to laptops with webcams that can recognize people.

Milligan's work allows robots to be commanded by someone making a circle gesture with their hands and then pointing to a specific area.

There are several practical applications for this technology, explains the master's student who is currently doing an internship with BigPark, which is part of Microsoft Game Studios.

"Robots might use a system like this to be sent out to clean areas, deliver supplies, perform search and rescue, or for something more fun like a live version of the game StarCraft," he says.

FLICKR: JMV

VCC instructor nominated for prestigious literary awards

A Vancouver Community College English instructor and acclaimed poet has been nominated for three prestigious literary awards.

Jen Currin is the author of The Inquisition Yours, a book of poetry, which was published by Coach House Books in March 2010.

"The book deals with themes of social responsibility in a time of war, terrorism and extreme economic disparity," Currin explains. "Perhaps it's getting such widespread attention because people are becoming more concerned about these issues."

Her work is nominated for The Dorothy Livesay Poetry Prize, which is a B.C. Book Prize, as well as a Lambda Literary Award and Audre Lorde Poetry Prize.

Currin has taught in the VCC humanities department since May 2010. She also teaches courses at Kwantlen and SFU.

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What does your study style say about you?

Whether you prepare weeks in advance or pull an all-nighter, how you study affects long-term learning

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▶ Long-term learning can't be achieved with cram sessions.

PAULINE ANDERSON
LIFE@METRONEWS.CA

Zara starts studying for exams weeks in advance, often meeting with her classmates to compare notes. Nicholas is a perpetual procrastinator, cramming for every exam the night before.

They're both straight A university students. However, research shows that Zara is much more likely to retain the information she learns for years to come.

"Long-term learning is done over an extended period of time," says André Malan, student development coordinator at Chapman Learning Commons, with the University of British Columbia. "You can't learn things long term with one cram session. The brain doesn't work like that."

Malan oversees a group of academic coaches — student peers who assist other students to improve their study habits through goal setting, provision of online resources and workshops on issues around learning.

Studying in groups enhances the retention of information because it helps to keep you focused. "On average, students who learn together or study together will do better than those who don't," says Malan.

"If you have a problem, instead of trying to figure it out yourself and spending an hour on it, you can get someone to explain it to you in 10 minutes. That's an obvious advantage."

And, humans are wired to be part of a group experience, he adds.

Of course, there are exceptions. We all know students who just aren't able to focus with other people around. They get distracted and start discussing things like the upcoming dance or movie night.

If your goal is just to pass the upcoming exam rather than learn from it, cramming might even get you a better mark than someone who prepares well in advance.

Study styles

- **Study habits** can say a lot about a person's personality, says Dr. Irvin Wolkoff, a Toronto psychiatrist. "Personality is like a fingerprint that shows up in everything that an individual feels, thinks and does, including study styles."
- **People who** organize their sense of self around interactions with others are likely to have a "group study" style, says Wolkoff. In contrast, those whose personality is perhaps a bit light in terms of standards and values may not see the need for steady application, making all-nighters necessary, he says.
- **It's a good idea** to learn your study style, says Dr. Wolkoff. "Once you know how you're inclined to work, you can shore up your weaknesses and play to your strengths."

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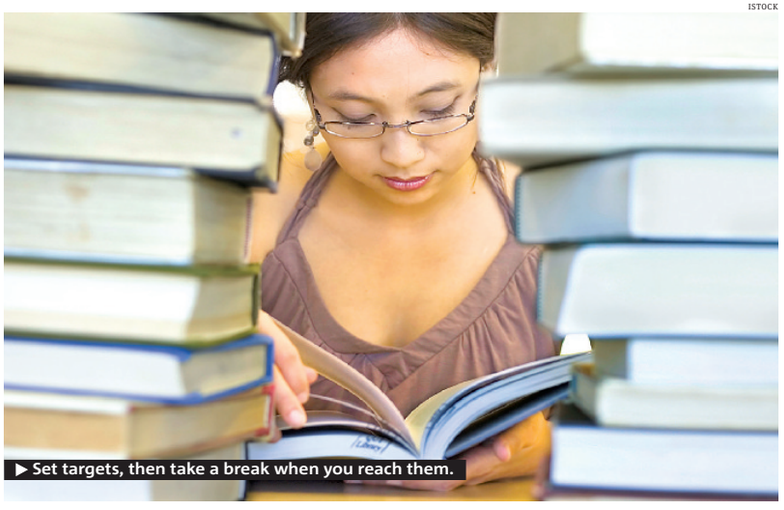

▶ Set targets, then take a break when you reach them.

How to get your mind off books... and how it helps

Stop cramming new knowledge into your cranium
Taking breaks actually helps your brain work better

JON TATTRIE
LIFE@METRONEWS.CA

When you've read the same paragraph 10 times and it's still as undecipherable as ancient Egyptian, and you're not studying ancient Egyptian, it's time to put the books down. Experts say good breaks are a critical part of exam preparation and actually make your brain work better.

Debbie Bruckner, the director of the Student Union Wellness Centre at the University of Calgary, says an overburdened brain stops processing new information. "You've got to put it into your short-term memory and then move it into your long-term memory," she says.

To do that, you need to stop cramming new knowledge into your cranium.

Joanne Mills, a psychologist at Mount Saint Vincent University's Student Counseling Services in Halifax, says most people can concentrate for 45 minutes to an hour at a time, but then need 15 minutes to rest. She suggests picking your break activity — Facebooking, going for a run — and setting a timer for 15 minutes.

"It's a cue to your mind — almost a Pavlovian response to pair a signal with refocusing," she says.

Mills also suggests setting targets and stopping when you've reached them. "Some students will take that break even if they haven't finished what they set out to do and then they don't really relax or enjoy it because their mind is racing with 'I must, I should, I have to.'"

If you're in the flow, ride the momentum until you come to a natural break in the material, then set the timer again and walk to the corner store.

Alternating which books you're hitting also helps. Work on English for an hour, then switch to math. It's like exercising multiple muscles at the gym, as different parts of your brain flex for different subjects.

Bruckner says that to maintain a healthy mind-body-spirit temperament in the heat of exam season, sit down with your calendar.

"Make a schedule for the month of April — when your assignments are due, when your final exams are, what the weighting is for each," she says.

How to unwind

- **Take a hot bath.** Incense, bubble bath and the radio can soothe body, mind and spirit after an intense study session.
- **Phone a friend.** Studying can be isolating, so it helps to reach out and break up the intensity with some social time.
- **Go for a walk.** Fresh air and exercise wake you up and give you time to process new information.
- **Veg out on mindless TV.** Some people need to just switch off and get their Jersey Shore on.
- **Organize a game of dodge ball or hockey.** Here's a way to see friends and blow off steam.
- **Take a nap.** A 15-minute siesta could solve a fatigue problem and it's a great alternative to many cups of coffee.

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Land a summer job

Here are some strategic tips and advice on how to land that dream summer job — and start developing future career goals at the same time

KIRSTI STUBBS
TALENTEGG.CA

Do your research
Come prepared to your interview with knowledge about the company and questions for your interviewer. Make an effort to get to know their culture by checking out the website or speaking with an employee.

Do think about long-term career goals
Are you interested in pursuing a marketing role in the hospitality or retail industry following graduation? In many businesses, learning from the ground up will provide valuable insight into the business, customers and products and give you foundational knowledge that will help you be promoted once you graduate. If companies you would love to work for do not have opportunities right now, keep in touch with someone you met in the job-hunt process.

Use your network
Networking isn't just for full-time employment. Tell everyone you know you are looking for a summer job — you never know who might be able to help you out. One of the most effective ways to get your foot in the door is to know someone who works at the company you want to work for — better still if they can provide you with a great recommendation. Talk to all of the people in your social network and let them know what type of role you are looking for.

Dress appropriately and be prepared
Make sure you dress appropriately, are ready to complete an application, and are prepared for an on-the-spot interview. A good rule is to dress so your interviewer can picture you in the job. No matter where you are applying, jeans, dirty running shoes or wrinkled shirts are a big no-no in interviews. Bring your resumé and the information you need to complete an application.

Don't leave your search to the last minute
Get your resumé out to the companies you want to target now. The larger organizations will be actively looking for their seasonal and co-op summer students months ahead of the actual start date. Start applying online, leveraging your networks and scheduling meet and greets now.

Don't keep your search too narrow
Remember, often the most unexpected roles provide the greatest learning experiences. Be open to many industries and types of roles when pursuing a summer job. Even if the position does not align directly with your "dream job," you will likely have the opportunity to learn valuable skills and build your network.

KIRSTI STUBBS IS A RECRUITER AT STARBUCKS COFFEE CANADA AND CONNECTS WITH MANY STUDENTS LOOKING FOR SUMMEREMPLOYMENT. TALENTEGG.CA IS CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS.

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▶ Network, do your research and don't leave your search until the last minute.

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How to make your job application stand out

- There are several creative ways to get noticed by a potential employer
- But most important are a cover letter and resume that match the job

JACQUELINE MARTINZ
TALENTEGG.CA

There are many different ways to stand out from the pack when you apply for a job. "Once, I received a shoe box that contained artifacts," said Paule Bellegarde, human resources manager at Hill & Knowlton Canada. "It included a letter explaining that these were all qualities — it got the person an interview."

Sandra Upeslacis, manager of talent retention and acquisition for National Public Relations, said: "I got a few resumés submitted by email that included links to videos on YouTube. The best videos were about two to three minutes and had testimonials from professors (and) previous employers, and the person came on at the end and explained why they'd be a great addition to the company."

While Bellegarde and Upeslacis admired the unique efforts, both said it wasn't enough to land the candidates a job.

Most important: a cover letter and resumé that are clear, concise and a perfect match to the job description. Here's a checklist. Your cover letter and resumé should include:

Perfect spelling and grammar

"The worst thing is when they spell my name wrong, or the company's name wrong. I'm in the communications business and you need to be able to express yourself well," said Upeslacis. A quality cover letter and resumé will stand out.

Organized structure

Bellegarde said that it's important to list chronology. "You should be able to see the person's history. If you have a degree, put the date you graduated. And under each position, there should be three or four bullets of accomplishments."

Clarity of information

"If something was a summer job, say so. Don't call yourself a seasoned professional if you have one internship under your belt," said Upeslacis. You may also want to double-check your credentials on social media sites. Bellegarde said she often checks an applicant's LinkedIn profile.

Research about the company

Bellegarde said it is apparent when an applicant has researched the company. "It's great if they refer to criteria in the posting in their cover letter."

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▶ Research the company, and refer to the job posting in your cover letter to make a good impression.

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How to get a reference letter

A reference from one of your former professors can open doors when you're looking for a new job Here are some tips on how to get one

KELLY HINTON
TALENTEGG.CA

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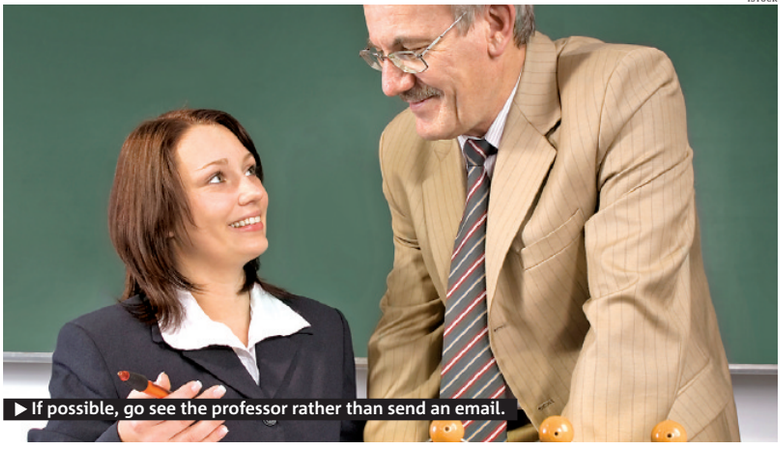

If possible, go see the professor rather than send an email.

Talk to the professor in person

If possible, go see the prof rather than send an email. Professors are bombarded with dozens of emails on a daily basis from current students and colleagues, and they may not get to yours right away, or at all.

Furthermore, they are more likely to recognize you by your face and not your name. It also shows you are serious about wanting the reference because you made the effort to come see them.

Go in with a purpose

The more information you give your professor about the opportunity you are seeking, the better and more detailed the letter will be. For job applications, provide the professor with the job description and a copy of your resumé.

Show your work

If you can, find and bring either an original marked-up and graded copy of an assignment you completed for the professor, or print a file that has been stored on your hard drive or USB key.

Professors meet hundreds of new students every year and may need a reminder of how amazing you were as a student.

Tell them why

If applying for a job, tell the professor why you are excited about the opportunity, which may help him or her to want to be part of the process.

If you don't ask, you won't know

Try not to be shy about asking, and remember that profs are there to help you. It is an unwritten rule that they write letters of reference for students. There is definitely no harm in asking. The worst that can happen is that they'll say no.

Say thank you and keep the prof updated on your progress. No matter what happens, whether you're admitted or rejected, hired or not, call, email or write your professor to say thank you.

And, if they show any interest in continuing to know how you're doing personally or professionally, take the opportunity to do so once in a while.

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A religious fattening

ISTOCK PHOTO

▶ A new study found people with higher religious participation were more prone to being obese.

New study finds that those with high religious participation were more likely to be obese Blame placed on calorie-rich comfort food

CELIA MILNE
LIFE@METRONEWS.CA

Something about religion makes people fatter.

New research in Chicago has found that young people who do religious activities at least once a week are twice as likely to become obese at middle age as those with no religious involvement.

"It is likely that the regular intake of traditional, calorie-rich comfort foods at religious gatherings is partially responsible for the greater risk of obesity that we found," lead researcher Matthew Feinstein told Metro.

Feinstein and colleagues from the Northwestern University Feinberg School of Medicine kept track of the religious habits and weights of 2,433 young men and women for 18 years.

"It is likely that the regular intake of traditional, calorie-rich comfort foods at religious gatherings is partially responsible for the greater risk of obesity that we found."
MATTHEW FEINSTEIN

At the beginning of the study subjects were between age 20 and 32, and all were a normal weight.

Several religions were included: Protestants, Catholics, Muslims and Jews. Those who had a high frequency of religious participation (attending at least once a week) were 50 per cent more likely to be obese by middle age.

Which comes first? Religion or obesity?

This study establishes that something connected to the high religious involvement is associated with weight gain over time, not that obese people take up religion.

Feinstein suggests religious groups should use their get-togethers to educate the faithful about preventing obesity through better nutrition and regular physical activity.

The data were presented at an American Heart Association scientific session in Atlanta, Ga.

The people in the study were part of a larger study called the Coronary Artery Risk Development in Young Adults. The object of the study was to find out which groups are at higher risk for obesity, and therefore diseases and earlier death.

The burden of bearing children

Are kids making parents less fit? Childless adults better at keeping in shape than peers

Could kids be to blame for new parents' bad health habits? A study found that mothers of young children were heavier and ate more calories, sugary drinks and fatty foods than childless women. Dads and moms in the study were less active than their peers without kids.

"This isn't a study about blame," said co-author Jerica Berge, a University of Minnesota researcher. "This is about identifying ... a very high-risk time period" for parents that doctors should be aware of so they can offer solutions, she said.

That may include diet advice, parent-child exercise classes, or just getting parents to take walks with their kids, the researchers said. The study involved 1,520 adults aged 25 on average, including parents with children younger than five years old. They were among more than 4,000 Minneapolis-area public school students enrolled in a study in their teens; the new study includes those who responded to followup surveys.
THE ASSOCIATED PRESS

ISTOCK PHOTO

▶ Parents with kids were found to be less active than their peers without children.

3 life

Still healthier

All in all, religious people do tend to live longer than non-religious people, mainly because religious people — as a cross-section of the population — tend not to smoke, says Matthew Feinstein, a researcher at Northwestern University.
CELIA MILNE

TV watching at meals indicator of more overall screen time for three-year-olds: Study

Want a baby? Try yoga

In conjunction with treatments such as IVF, it can be used as a natural tool to enhance fertility and increase your chances of conceiving

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

THINKSTOCK.COM

About one-third of infertility issues are said to be down to the women, and struggling to conceive remains very much a taboo subject in a world where we believe we can have anything — including babies on demand. But a woman's body must to be ready both physically and mentally in order to act as the baby's incubator for nine months.

The most common cause of infertility is dysfunctional ovulation, the monthly releasing of eggs.

Issues such as stress or hormonal imbalances can cause irregularity or altogether stop this process.

Yoga teacher Jane Kersel explains how the mounting pressure from the constant need to try for a baby can become overpowering and verging on obsessive.

"A woman can enter a pushy mindset of 'this has to happen,' impacting the couple intimately and turning sex into little more than a baby-making tool. You can't conceive a baby like you set up a board meeting," she says.

Going through infertility issues is stressful, and when we are stressed, some feel that their body betrays them. We breathe shallowly and the body holds on to the fear and stores this as stress, says Natalie Engler, a practitioner of restorative yoga.

"Stress releases the hormone cortisol, and high levels of this may interfere with reproductive hormone function responsible for ovulation and healthy gynecological function," she adds.

The body sees stress as an invader, signalling to the body that now is not a good time to get pregnant. As an ancient practice developed at a time when people didn't separate the body from the mind, yoga acts as a trigger for relaxation.

"In yoga, the body and mind continuum is inseparable," explains yogi Dr. Robin Saraswati Tiberi, whose teaches classes focused on fertility. "Stress makes our biological clock age faster so by reducing stress."

STIMULATE YOUR OVARIES

SETU BANDHA SARVANGASANA (Supported bridge pose)

- Lying flat on the floor, belly up, bend your knees so that your feet are as close to your buttocks as possible. Place your feet firmly on the ground.
- Inhale and on the exhale lift your pelvis and buttocks up, off the floor. Your thighs and inner feet should stay parallel to each other. Move your arms underneath you for extra support and clasp your hands together.

BADDA KONASANA (Cobbler's pose)

- Sitting on your mat with your legs straight out in front of you, exhale and bend your knees, pulling your heels toward you. Keeping your feet on the ground, drop your knees towards the ground, pressing the soles of your feet together. Do not push down on your thighs or force your knees further down than they want to go.
- Bring your heels as close to your body as you can, keeping the outer edges firmly in contact with the ground.
- Hold the pose for a few minutes before slowly lowering your legs to the ground.

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The Coma Food Truck: where Mexican and Korean meet

Ethnic flavours collide at this new mobile eatery catering Vancouver streets

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

Spring and Korean chili spice are in the Cambie Village area air. The latter of the two scents helped guide me to Coma Food Truck, one of the new carts catering Vancouver streets.

Owner Jay Cho's five menu items include a Kimchi Quesadilla ($5.99), Stuffed Seaweed Rolls ($4.99), Korean Chicken Nuggets ($6.99), and Bibimbap ($6.99) — a Korean dish that is so healthy, he told me, even his model brother — eats it.

My choice was a Korean Style BBQ Burrito with sweet and spicy pork, laden with sesame oil.

Wrapped in a flour tortilla, containing a modest amount of stir-fried pork and a larger, potent mix of kimchi (fermented cabbage), tofu, and vegetables, the Korean twist on a Mexican favourite worked. Smothered with melted cheddar, the burrito was a flavourful guilty pleasure.

Coma's location depends on the availability of parking. I recommend calling to confirm its whereabouts before lunching: 604-842-3676.

ERIN IRELAND

▶ Korean Style 'Spicy Pork' BBQ Burrito.

Coma Food Truck
Usual location: Broadway and Cambie
604-842-3676
comafoodtruck.com
Rating: 4 out of 5

Oh Boy! Po' Boy Catfish Sandwich

EMILY RICHARDS
FOOD@METRONEWS. CA

Ingredients:

- ½ cup (125 mL) flour
- 1 egg
- ¼ cup (50 mL) milk
- 1 cup (250 mL) cornmeal
- 1 tsp (5 mL) each cayenne pepper, garlic powder and salt
- 4 catfish fillets, 6 to 8 oz (180 to 250 g) each
- 2 tbsp (30 mL) oil
- ½ cup (125 mL) mayo
- 1 tsp (5 mL) mustard
- 4 submarine rolls
- 2 tomatoes, sliced
- 2 cups (500 mL) shredded lettuce
- 4 lemon wedges

Preparation:

1. Place flour in dish. In another dish, whisk egg with milk. In a third dish, combine cornmeal, cayenne, garlic and salt. Dip fillets in flour. Dip in egg mix followed by cornmeal mix; coat well.
2. In skillet, heat oil over medium-high heat and add 2 fillets. Cook for 4 minutes per side or until a golden brown and fish flakes easily with a fork. Repeat with remaining fillets; add more oil if needed.
3. Meanwhile, in bowl, stir mayo with mustard and slice rolls in half horizontally. Spread bottom half of each roll with mayo and top with sliced tomatoes and shredded lettuce. Top with cooked fish fillet and serve with lemon wedges.

CATFISHINSTITUTE.CA
EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Indian food's healthy makeover

Bal Arneson's new cookbook puts a modern twist on classic Indian fare ● Features a wide range of dishes

Many Canadians believe that Indian food is fattening and full of cream, but Bal Arneson is out to correct those misconceptions.

"To speed preparation, Indian restaurants find it easier to add cream and fat to their dishes such as butter chicken," she says.

Growing up in a village in Punjab, India, the mother of two who lives with her husband in Port Coquitlam, B.C., learned from the age of nine to cook healthy food.

"In my village, cream and butter were never used on a daily basis. They are considered luxuries and were used only during festivals and special occasions like weddings."

In fact, Arneson says, recipes were simple and vegetarian.

"We ate beans and lentils, fruits, vegetables and herbs and spices from our own gardens."

In her second book, Bal's Quick and Healthy Indian (Whitecap, $29.95, paperback), Arneson presents the health benefits of eating classic Indian meals with a modern twist.

For example, she takes Mini Bison Patties and infuses them with mango, ginger, fennel seeds and ground cumin as well as turmeric masala.

She blends maple syrup and cardamom, cumin and ginger and brushes the mix on grilled salmon.

Because these spices are so pungent purchased in seed form, she crushes the seeds in a coffee grinder and uses them immediately "because once they're opened and turned into powder that's when the shelf life starts ticking."

Bal suggests when purchasing Indian spices in small quantities, it's preferable to buy them at Indian grocery stores.

"I often buy them in small bags from bulk bins and throw them in the freezer so the flavour stays intact," she says.

There is an abundance of recipes in this book for salads, soups, roasts, chicken dishes, vegetable and meat entrees as well as Indian-inspired desserts.

THE CANADIAN PRESS

CUT THE FLIRTING OR FACE THE RESULTS

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS @METRONEWS.CA

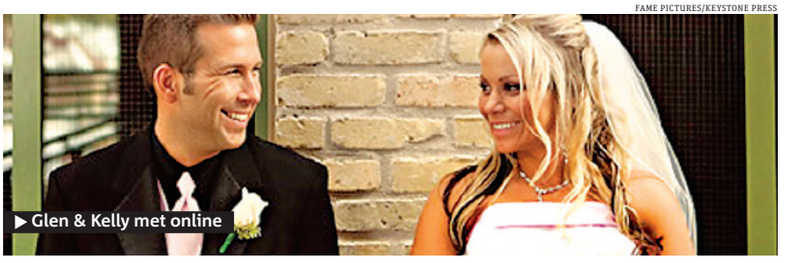
I'm in a great relationship with my girlfriend of three years. Lately though, I've been hanging out with her friend who now works for the same company I do. My girlfriend is OK with it, and nothing's going on, but her friend's a little flirtatious. Is it still OK to hang out as long as no moves are made? Want to Do the Right Thing.

Claire: Tick tock...tick tock. That's the sound of a bomb waiting to blow, my friend. If you're uncomfortable enough to ask whether or not a line's being crossed, then maybe you should back off.

First step is to avoid those intimate one-on-ones. Go out for lunch in groups, avoid her when drunk at the office Christmas party. Every now and then, talk about how great your girlfriend is. Mention how you speak to her in weird baby voices, and what your next vacation together will be like. Keep the venting strictly for boys and beer.

Andrea: Andrea may be my half sister, but we are in full agreement on this one. The fact that you'd even write this is a sign that you've thought about it going further (which is normal, but dangerous). It's that stereotypical slippery slope that starts with her stopping by your desk to borrow a Post-It, and ends with you imagining her on your desk, doing things that have nothing to do with Post-Its. So, since you asked, the rules are: group lunches only, burp often and loudly, scratch often and blatantly, and swear like a rabid trucker.

FAME PICTURES/KEYSTONE PRESS



▶ Glen & Kelly met online

'LIKED' EACH OTHER

Names:
Glen, 31
and Kelly, 32

Hometown:
Winnipeg

Together since:
2006

Their story:

I (Glen) met my wife Kelly online. We didn't meet on a dating site per se, but rather on hotornot.com. (For those not familiar, anyone can upload a photo of him/herself for others to view and rate on a scale of one to 10. If you're looking to meet someone, there's also a section where you can post a brief personal profile.)

"Kelly liked my profile and photo, and the rest, as they say, is history. We chatted online and on the phone for about six weeks before we met in person. Kelly has a daughter, Kassidy, so she was very cautious; she wanted to be sure I wasn't a creep! In those conversations, we discovered that we had a lot in common and even started to finish each other's sentences! Kelly actually canceled our first date out of nervousness; she thought things were too good to be true and that one of us would be disappointed. Fortunately, I managed to talk her into it, and when we finally did meet, it was incredible!

"We were married in October 2009 and, last September, we welcomed a handsome baby boy, Lexan!

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CRA calling you? Don't let it ring

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Remember what it felt like to be sent to the principal's office? There you sat, terrified of the consequences, fearing your parents would be told of your transgression and convinced that life, as you knew it, had come to an end.

Fast forward into adulthood and even a mere query from the Canada Revenue Agency is enough to put you right back on that hard chair, stomach churning, as you waited for an audience with the principal.

Whether it is a query, a re-assessment or a full-blown audit, H & R Block offers seven tips to help you get through it.

Deal with it: Don't ignore those brown CRA envelopes. Open. Read. Act. And if you get a phone call return it promptly. Sticking your head in the sand definitely does not work with the CRA.

Meet the deadlines: Whether it's a request for moving expenses or proof of childcare costs, there will be a deadline which you should note in big red letters on your calendar. Otherwise you risk re-assessment and denial of the claim or credit. However the CRA will often extend a deadline if you call in advance.

Find your paperwork: The CRA will not be sympathetic if you plead disorganization. Lost or missing paperwork will only make the process longer and the likelihood of unfavourable reassessment greater.

Ignore tips from friends: Your friend may be claiming a boat on a lake up north somewhere as an employment expense but don't be tempted to follow suit. Same goes for things such as cell phones. Employment expenses can only be claimed with form T2200 and must be included in your employment contract.

Pay up front: Pay any balance after a re-assessment immediately. You can file a Notice of Objection if you disagree. If you are successful you'll be refunded the money and if not you'll have avoided interest charges during the process.

Stand up for yourself: The CRA can be heavy handed. If you feel the CRA treatment has been unreasonable or unfair complain to the Taxpayers' Ombudsman Office which ensures the Taxpayers' Bill of Rights is being upheld.

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4 sports

Canucks trying to turn page on history

'By no means do we think it's going to be easy,' Luongo says

The Vancouver Canucks don't want their history with the Chicago Blackhawks to dictate their future in this year's Stanley Cup playoffs.

The Canucks and the defending champion Blackhawks will meet in the NHL playoffs for the third consecutive year.

Chicago eliminated Vancouver from the second round of the playoffs the last two seasons. It has forced the Canucks to make some personnel changes.

"What's happened in the past is really in the past," Vancouver coach Alain Vigneault said yesterday, after his team practised at Rogers Arena.

"You have two different teams with some of the same core players, but it's a different year, a different playoff."

Centre Ryan Kesler was careful to hide his emotion about playing the Blackhawks again.

"We had to play someone," said a crusty Kesler.

"Whoever it was, we have to go through them."

The Western Conference quarter-finals begin tomorrow in Vancouver (CBC, 7 p.m. PDT).

The Canucks were careful not to give Chicago any bulletin board material.

"They are the Stanley Cup champions," captain Henrik Sedin said as a reminder. "They have a good team."

The two teams find themselves in opposite circumstances this year.

The Canucks finished first overall in the league with a 54-19-9 record for 117 points. They topped the league with 262 goals scored, allowed the least with 185 and have the top-ranked power play.

The Blackhawks barely scrapped into the playoffs, finishing eighth in the West with a 44-29-9 record for 97 points.

THE CANADIAN PRESS

Goodbye

Chicago was forced to move key players after its Stanley Cup season due to salary-cap concerns.

- **Dustin Byfuglien** isn't around to crash through goaltender Roberto Luongo's crease.
- **Luongo grinned** when asked about not having to deal with Byfuglien. "They have other guys that will step up," he said.
- **Also gone** are goaltender Antti Niemi, Andrew Ladd, Kris Versteeg and John Madden.

JONATHAN DANIEL/GETTY IMAGES

▶ Dustin Byfuglien screens Canucks goalie Roberto Luongo during last year's playoffs. This year Vancouver won't have to deal with the big agitator, who is now with the Atlanta Thrashers.

Sports in brief

1 Kim Clijsters cracked her ankle last weekend, and will likely miss the French Open starting May 22.

2 Don Cherry picked the Boston Bruins to beat the Montreal Canadiens in the first round.

3 Clay Buchholz was guaranteed just under $30 million US as part of a new agreement with the Red Sox that runs through 2015.

THE CANADIAN PRESS/ THE ASSOCIATED PRESS

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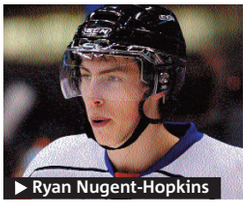
WHLer leads draft rankings

NATHAN DENETTE/THE CANADIAN PRESS



▶ Ryan Nugent-Hopkins

Centre Ryan Nugent-Hopkins of the WHL's Red Deer Rebels tops all North America draft-eligible players, according to the NHL Central Scouting Bureau final rankings.

Defenceman Adam Larsson of the Swedish Elite League is the top European prospect.

The 2011 NHL draft is scheduled for June in St. Paul, Minn.

The rest of the North American top five are left-winger Gabriel Landeskog of the Kitchener Rangers, centre Jonathan Huberdeau of the Saint John Sea Dogs, defenceman Dougie Hamilton of the Niagara IceDogs and defenceman Nathan Beaulieu of the Saint John Sea Dogs.

The final ranking covers the top 210 skaters and 30 goaltenders in North America as well as the top 140 skaters and 10 goaltenders from Europe.

THE CANADIAN PRESS

Sports in brief

Judge orders NFL mediation

MINNESOTA. The judge handling the lawsuit against the NFL ordered the sides to participate in court-supervised mediation, while saying yesterday she still is considering whether to grant a request for a preliminary injunction to lift the lockout.

THE ASSOCIATED PRESS

UConn star to enter NBA draft

NCAA. Connecticut has called a news conference for today with guard Kemba Walker, where it is expected the junior star will announce that he will enter the NBA draft.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
z-Washington	82	48	23	5	6	224	197	107	25-8-2-6	23-15-3-0	7-2-0-1	L1
y-Philadelphia	82	47	23	5	7	259	223	106	22-12-2-5	25-11-3-2	3-4-1-2	W1
y-Boston	82	46	25	5	6	246	195	103	22-13-3-3	24-12-2-3	6-3-0-1	L1
x-Pittsburgh	82	49	25	5	3	238	199	106	25-14-2-0	24-11-3-3	8-2-0-0	W4
x-Tampa Bay	82	46	25	5	6	247	240	103	25-11-1-4	21-14-4-2	7-3-0-0	W2
x-Montreal	82	44	30	5	3	216	209	96	24-11-3-3	20-19-2-0	5-4-1-0	W1
x-Buffalo	82	43	29	9	1	245	229	96	21-16-3-1	22-13-6-0	8-1-1-0	W4
x-NY Rangers	82	44	33	2	3	233	198	93	20-17-1-3	24-16-1-0	6-3-0-1	W1
Carolina	82	40	31	6	5	236	239	91	22-14-3-2	18-17-3-3	7-2-1-0	L1
Toronto	82	37	34	5	6	218	251	85	18-15-3-5	19-19-2-1	6-3-0-1	L3
New Jersey	82	38	39	3	2	174	209	81	22-16-2-1	16-23-0-2	4-5-0-1	W1
Atlanta	82	34	36	5	7	223	269	80	17-17-2-5	17-19-3-2	4-6-0-0	L2
Ottawa	82	32	40	5	5	192	250	74	16-20-2-3	16-20-3-2	5-4-0-1	L1
NY Islanders	82	30	39	7	6	229	264	73	17-18-1-5	13-21-6-1	3-6-0-1	L4
Florida	82	30	40	5	7	195	229	72	16-17-4-4	14-23-2-2	1-7-0-2	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
p-Vancouver	82	54	19	4	5	262	185	117	27-9-1-4	27-10-3-1	7-3-0-0	W2
y-San Jose	82	48	25	4	5	248	213	105	25-11-2-3	23-14-2-2	7-2-0-1	W1
y-Detroit	82	47	25	6	4	261	241	104	21-14-4-2	26-11-2-2	4-4-1-1	W1
x-Anaheim	82	47	30	3	2	239	235	99	26-13-1-1	21-17-2-1	7-3-0-0	W3
x-Nashville	82	44	27	7	4	219	194	99	24-9-5-3	20-18-2-1	7-2-1-0	L1
x-Phoenix	82	43	26	7	6	231	226	99	21-13-4-3	22-13-3-3	5-3-0-2	L1
x-Los Angeles	82	46	30	4	2	219	198	98	25-13-3-0	21-17-1-2	6-4-0-0	L2
x-Chicago	82	44	29	4	5	258	225	97	24-17-0-0	20-12-5-4	5-4-1-0	L1
Dallas	82	42	29	4	7	227	233	95	22-11-3-5	20-18-1-2	4-4-1-1	L1
Calgary	82	41	29	5	7	250	237	94	23-13-2-3	18-16-3-4	5-2-2-1	L1
St. Louis	82	38	33	5	6	240	234	87	23-13-1-4	15-20-4-2	6-2-1-1	W1
Minnesota	82	39	35	3	5	206	233	86	19-17-2-3	20-18-1-2	4-6-0-0	W2
Columbus	82	34	35	5	8	215	258	81	17-19-1-4	17-16-4-4	1-6-1-2	L6
Colorado	82	30	44	7	1	227	288	68	16-21-4-0	14-23-3-1	2-8-0-0	W1
Edmonton	82	25	45	3	9	193	269	62	13-22-1-5	12-23-3-3	2-6-1-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Sunday's results
Colorado 4 Edmonton 3 (OT)
Detroit 4 Chicago 3
Minnesota 5 Dallas 3
New Jersey 3 Boston 2
Pittsburgh 5 Atlanta 2

END OF 2010-11 REGULAR SEASON

PLAYOFFS

CONFERENCE QUARTER-FINALS (BEST-OF-7)

EASTERN CONFERENCE

Washington (1) vs. N.Y. Rangers (8)
Tomorrow's game
N.Y. Rangers at Washington, 7:30 p.m.
Friday's game
N.Y. Rangers at Washington, 7:30 p.m.
Sunday, April 17
Washington at N.Y. Rangers, 3 p.m.
Wednesday, April 20
Washington at N.Y. Rangers, 7 p.m.
Saturday, April 23
x-N.Y. Rangers at Washington, 3 p.m.
Monday, April 25
x-Washington at N.Y. Rangers, TBA
Wednesday, April 27
x-N.Y. Rangers at Washington, TBA
Philadelphia (2) vs. Buffalo (7)
Thursday's game
Buffalo at Philadelphia, 7:30 p.m.
Saturday's game
Buffalo at Philadelphia, 5 p.m.
Monday, April 18
Philadelphia at Buffalo, 7 p.m.
Wednesday, April 20
Philadelphia at Buffalo, 7:30 p.m.
Friday, April 22
x-Buffalo at Philadelphia, 7:30 p.m.
Sunday, April 24
x-Philadelphia at Buffalo, 3 p.m.
Tuesday, April 26
x-Buffalo at Philadelphia, TBA
Boston (3) vs. Montreal (6)
Thursday's game
Montreal at Boston, 7 p.m.
Saturday's game
Montreal at Boston, 7 p.m.
Monday, April 18
Boston at Montreal, 7:30 p.m.
Thursday, April 21
Boston at Montreal, 7 p.m.
Saturday, April 23
x-Montreal at Boston, 7 p.m.
Tuesday, April 26
x-Boston at Montreal, TBA
Wednesday, April 27
x-Montreal at Boston, TBA
Pittsburgh (4) vs. Tampa Bay (5)
Tomorrow's game
Tampa Bay at Pittsburgh, 7 p.m.
Friday's game
Tampa Bay at Pittsburgh, 7 p.m.
Monday, April 18
Pittsburgh at Tampa Bay, 7:30 p.m.
Wednesday, April 20
Pittsburgh at Tampa Bay, 7 p.m.
Saturday, April 23
x-Tampa Bay at Pittsburgh, TBA
Monday, April 25
x-Pittsburgh at Tampa Bay, TBA
Wednesday, April 27
x-Tampa Bay at Pittsburgh, TBA

WESTERN CONFERENCE

Vancouver (1) vs. Chicago (8)
Tomorrow's game
Chicago at Vancouver, 10 p.m.
Friday's game
Chicago at Vancouver, 10 p.m.
Sunday, April 17
Vancouver at Chicago, 8 p.m.
Tuesday, April 19
Vancouver at Chicago, 8 p.m.
Thursday, April 21
x-Chicago at Vancouver, 10 p.m.
Sunday, April 24
x-Vancouver at Chicago, 7:30 p.m.
Tuesday, April 26
x-Chicago at Vancouver, TBA
San Jose (2) vs. Los Angeles (7)
Thursday's game
Los Angeles at San Jose, 10 p.m.
Saturday's game
Los Angeles at San Jose, 10 p.m.
Tuesday, April 19
San Jose at Los Angeles, 10:30 p.m.
Thursday, April 21
San Jose at Los Angeles, 10:30 p.m.
Saturday, April 23
x-Los Angeles at San Jose, 10:30 p.m.
Monday, April 25
x-San Jose at Los Angeles, TBA
Wednesday, April 27
x-Los Angeles at San Jose, TBA
Detroit (3) vs. Phoenix (6)
Tomorrow's game
Phoenix at Detroit, 7 p.m.
Saturday, April 16
Phoenix at Detroit, 1 p.m.
Monday, April 18
Detroit at Phoenix, 10:30 p.m.
Wednesday, April 20
Detroit at Phoenix, 10:30 p.m.
Friday, April 22
x-Phoenix at Detroit, 7 p.m.
Sunday, April 24
x-Detroit at Phoenix, TBA
Wednesday, April 27
x-Phoenix at Detroit, TBA
Anaheim (4) vs. Nashville (5)
Tomorrow's game
Nashville at Anaheim, 10:30 p.m.
Friday's game
Nashville at Anaheim, 10:30 p.m.
Sunday, April 17
Anaheim at Nashville, TBA
Wednesday, April 20
Anaheim at Nashville, TBA
Friday, April 22
x-Nashville at Anaheim, 10 p.m.
Sunday, April 24
x-Anaheim at Nashville, TBA
Tuesday, April 26
x-Nashville at Anaheim, TBA
x — played only if necessary.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	41	63	104
St. Louis, TB	31	68	99
Perry, Ana	50	48	98
H.Sedin, Vcr	19	75	94
Stamkos, TB	45	46	91
Iginla, Cal	43	43	86
Ovechkin, Wash	32	53	85
Selanne, Ana	31	49	80
Zetterberg, Det	24	56	80
B.Richards, Dal	28	49	77
E.Staal, Car	33	43	76
Toews, Chi	32	44	76
C.Giroux, Pha	25	51	76
Getzlaf, Ana	19	57	76

SOCCER

ENGLAND
PREMIER LEAGUE
Yesterday's result
Liverpool 3 Manchester City 0

SPAIN
LA LIGA
Yesterday's result
Zaragoza 2 Getafe 1

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Chicago	60	20	.750	—
y-Miami	57	24	.704	3½
y-Boston	55	26	.679	5½
x-Orlando	51	30	.630	9½
x-Atlanta	44	37	.543	16½
x-New York	42	38	.525	18
x-Philadelphia	41	40	.506	19½
x-Indiana	37	44	.457	23½
Milwaukee	34	47	.420	26½
Charlotte	33	48	.407	27½
Detroit	29	52	.358	31½
New Jersey	24	57	.296	36½
Washington	23	58	.284	37½
Toronto	22	59	.272	38½
Cleveland	18	63	.222	42½

WESTERN CONFERENCE

	W	L	Pct	GB
z-San Antonio	61	19	.763	—
x-Dallas	56	25	.691	5½
y-L.A. Lakers	55	25	.688	6
y-Oklahoma City	55	26	.679	6½
x-Denver	50	31	.617	11½
x-Portland	47	33	.588	14
x-Memphis	46	34	.575	15
x-New Orleans	46	35	.568	15½
Houston	42	39	.519	19½
Phoenix	39	42	.481	22½
Utah	38	43	.469	23½
Golden State	35	46	.432	26½
L.A. Clippers	31	50	.383	30½
Sacramento	24	57	.296	37½
Minnesota	17	64	.210	44½

x-clinched playoff spot; **y**-clinched division
z-clinched conference
Last night's results
Miami 98 Atlanta 90
Charlotte 105 New Jersey 103
Orlando 95 Philadelphia 85
Washington 95 Boston 94 (OT)
Cleveland 110 Detroit 101
Milwaukee 93 Toronto 86
Utah 90 New Orleans 78
Dallas 98 Houston 91 (OT)
Denver 134 Golden State 111
Phoenix 135 Minnesota 127 (OT)
Oklahoma City 120 Sacramento 112
Sunday's results
Chicago 102 Orlando 99
Miami 100 Boston 77
Memphis 111 New Orleans 89
Detroit 112 Charlotte 101
Toronto 99 New Jersey 92
New York 110 Indiana 109
Dallas 115 Phoenix 90
Sacramento 104 Golden State 103
Oklahoma City 120 L.A. Lakers 106
Tonight's games
Chicago at New York, 8 p.m.
Memphis at Portland, 10 p.m.
San Antonio at L.A. Lakers, 10:30 p.m.
END OF 2010-11 REGULAR SEASON

BUCKS 93, RAPTORS 86

TORONTO (86)
J.Johnson 5-10 2-2 12, Dorsey 3-12 4-6 10, Davis 6-11 3-5 15, Bayless 7-20 4-6 20, DeRozan 4-14 9-10 17, Wright 1-3 1-2 3, Ajinca 3-9 0-0 7, Alabi 1-2 0-0 2. Totals 30-81 23-31 86.
MILWAUKEE (93)
Delfino 2-5 0-0 5, Mbah a Moute 2-5 0-0 4, Gooden 6-14 7-7 19, Jennings 7-16 6-6 21, Salmons 9-14 5-7 24, Sanders 1-1 1-2 3, Ilyasova 1-5 4-4 6, Dooling 0-3 0-0 0, Redd 1-6 0-0 2, Douglas-Roberts 1-2 0-0 2, Boykins 1-2 2-2 4, Maggette 1-3 1-2 3. Totals 32-76 26-30 93.

Toronto	33	18	20	15	—86
Milwaukee	25	21	23	24	—93

3-Point Goals—Toronto 3-12 (Bayless 2-7, Ajinca 1-2, DeRozan 0-1, J.Johnson 0-2), Milwaukee 3-17 (Salmons 1-1, Jennings 1-3, Delfino 1-3, Douglas-Roberts 0-1, Maggette 0-1, Dooling 0-2, Redd 0-3, Ilyasova 0-3). Fouled Out—None. Rebounds—Toronto 57 (Dorsey 20), Milwaukee 50 (Gooden 11). Assists—Toronto 16 (Bayless 5), Milwaukee 20 (Gooden 5). Total Fouls—Toronto 21, Milwaukee 20. Technicals—Milwaukee defensive three second.
A—13,279 (18,717) at Milwaukee.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	6	3	.667	—
New York	5	4	.556	1
Toronto	5	4	.556	1
Boston	2	8	.200	4½
Tampa Bay	2	8	.200	4½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	8	2	.800	—
Kansas City	6	3	.667	1½
Chicago	6	4	.600	2
Minnesota	3	6	.333	4½
Detroit	3	7	.300	5

WEST DIVISION

	W	L	Pct	GB
Texas	9	1	.900	—
Los Angeles	5	5	.500	4
Oakland	5	5	.500	4
Seattle	2	7	.222	6½

Yesterday's results
Texas 2 Detroit 0
Tampa Bay 16 Boston 5
Oakland 2 Chicago White Sox 1 (10 inn.)
Cleveland 4 L.A. Angels 0
Toronto at Seattle
Sunday's results
L.A. Angels 3 Toronto 1
Boston 4 N.Y. Yankees 0
Chicago White Sox 6 Tampa Bay 1
Cleveland 6 Seattle 4
Kansas City 9 Detroit 5
Oakland 5 Minnesota 3
Texas 3 Baltimore 0
Today's games
Texas (C.Wilson 1-0) at Detroit (Penny 0-1), 1:05 p.m.
Baltimore (Tillman 0-0) at N.Y. Yankees (A.J.Burnett 2-0), 7:05 p.m.
Tampa Bay (Price 0-2) at Boston (Lester 0-0), 7:10 p.m.
Kansas City (Francis 0-0) at Minnesota (Duensing 0-0), 8:10 p.m.
Oakland (Cahill 1-0) at Chicago White Sox (E.Jackson 2-0), 8:10 p.m.
Cleveland (Carmona 0-1) at L.A. Angels (Haren 2-0), 10:05 p.m.
Toronto (R.Romero 1-0) at Seattle (Pineda 0-1), 10:10 p.m.

SUNDAY

ANGELS 3, BLUE JAYS 1

Toronto	ab	r	h	bi	Los Angeles	ab	r	h	bi
RDavis cf	2	0	0	0	Bourjos cf	4	0	1	2
JMcDnl 3b	1	0	1	0	HKndrc 2b	2	1	0	0
YEscor ss	2	0	1	1	Abreu rf	4	0	1	0
Bautist rf	3	0	0	0	TrHntr dh	3	0	1	1
Lind 1b	4	0	0	0	V.Wells lf	4	0	0	0
A.Hill 2b	4	0	0	0	Callasp 3b	3	1	1	0
JRiver dh	4	0	0	0	Trumo 1b	4	1	1	0
Snider lf-cf	4	0	1	0	BoWlsn c	3	0	0	0
J.Nix 3b-lf	3	0	0	0	B.Wood ss	3	0	1	0
JMolin c	3	1	1	0					
Totals	**30**	**1**	**4**	**1**	**Totals**	**30**	**3**	**6**	**3**
Toronto				**000**	**001**	**000**		**1**	
Los Angeles				**100**	**200**	**00x**		**3**	

E—R.Davis (1). DP—Toronto 1. LOB—Toronto 6, Los Angeles 7. 2B—J.Molina (1). 3B—Bourjos (1).

Toronto	IP	H	R	ER	BB	SO
Jo-.Reyes L,0-1	7	6	3	1	1	6
Purcey	2-3	0	0	0	2	0
Richmond	1-3	0	0	0	0	0
Los Angeles						
Weaver W,3-0	7	2-3	4	1	1	4	15
Takahashi H,2	1-3	0	0	0	0	0
Rodney S,2-3	1	0	0	0	0	1

T—2:48. A—43,525 (45,389).

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	7	2	.778	—
Florida	5	4	.556	2
Washington	4	5	.444	3
Atlanta	4	6	.400	3½
New York	4	6	.400	3½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	6	3	.667	—
Chicago	5	5	.500	1½
Milwaukee	5	5	.500	1½
Pittsburgh	5	5	.500	1½
St. Louis	4	6	.400	2½
Houston	2	8	.200	4½

WEST DIVISION

	W	L	Pct	GB
Colorado	7	2	.778	—
Los Angeles	6	4	.600	1½
San Diego	4	4	.500	2½
Arizona	4	5	.444	3
San Francisco	4	6	.400	3½

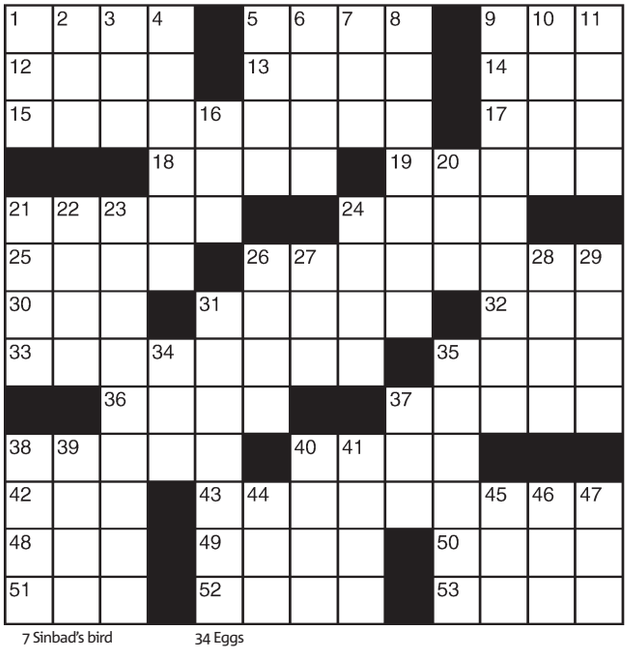
Yesterday's results
Chicago Cubs 5 Houston 4
Colorado 7 N.Y. Mets 6
St. Louis 8 Arizona 2
L.A. Dodgers 6, San Francisco 1
Cincinnati at San Diego
Sunday's results
Arizona 10 Cincinnati 8
Colorado 6 Pittsburgh 5
Houston 7 Florida 1
Milwaukee 6 Chicago Cubs 5
Philadelphia 3 Atlanta 0
San Diego 7 L.A. Dodgers 2
St. Louis 6 San Francisco 1
Washington 7 N.Y. Mets 3 (11 ings)
Tonight's games
Milwaukee at Pittsburgh, 7:05 p.m.
Philadelphia at Washington, 7:05 p.m.
Colorado at N.Y. Mets, 7:10 p.m.
Florida at Atlanta, 7:10 p.m.
Chicago Cubs at Houston, 8:05 p.m.
St. Louis at Arizona, 9:40 p.m.
Cincinnati at San Diego, 10:05 p.m.
L.A. Dodgers at San Francisco, 10:15 p.m.

TENNIS

ATP MONTE CARLO MASTERS

At Monte Carlo, Monaco
Yesterday's seeded results
Singles
First Round
Nicolas Almagro (9), Spain, def. Marcel Granollers, Spain, 6-3, 6-3.
Florian Mayer, Germany, def. Mikhail Youzhny (10), Russia, 6-3, 2-6, 6-3.
Viktor Troicki (11), Serbia, def. Jean-Rene Lisnard, Monaco, 7-6 (4), 6-1.
Jo-Wilfried Tsonga (12), France, def. Juan Monaco, Argentina, 4-6, 6-3, 6-2.
Richard Gasquet (13), France, def. Denis Istomin, Uzbekistan, 5-7, 6-3, 6-4.
Marin Cilic (15), Croatia, def. Filippo Volandri, Italy, 6-2, 6-1.
Doubles
First Round
Richard Gasquet, France, and Ivan Ljubicic, Croatia, def. Nicolas Almagro, Spain, and **Milos Raonic, Thornhill, Ont.,** 6-3, 6-2.

Crossword



Across

1 Loony
5 Actress Sorvino
9 "That's a laugh!"
12 Reed instrument
13 Black, in poetry
14 Hearty brew
15 Mouth organ
17 Tier
18 Asset
19 Physician of ancient Greece
21 Was sore
24 Great Lake
25 Carson predecessor
26 "All Quiet on the Western Front" author
30 Blunder
31 Automaton
32 "Born in the —"
33 Suave
35 Hastened
36 Terrible guy?
37 Gives temporarily
38 Dr. Salk
40 Entrance
42 Early bird?
43 Teen sibs of who-dunit fame
48 Before
49 Did surveillance on
50 Touch
51 Apiece
52 Stitches
53 Viscous

Down

1 Homer's outcry
2 Lawyers' org.
3 Supporting
4 Composure
5 Options list
6 Wading bird
7 Sinbad's bird
8 Turn of phrase?
9 Pantomime jester
10 Lotion additive
11 Chopped
16 Antiquated
20 Melody
21 Mimicked
22 Give a darn
23 Omen
24 Like certain profs.
26 Equine coloration
27 Inventor Whitney
28 Second-hand
29 George of "CSI"
31 Grinds one's teeth
34 Eggs
35 Kind of tea
37 Myrna of Hollywood
38 Military vehicle
39 Shrek is one
40 Sketched
41 Probability
44 Sailor's assent
45 Japanese sash
46 "Tasty!"
47 Messy place

▶ Yesterday's answer

A	J	A	R	■	O	L	D	■	A	S	P	S
M	A	N	E	A	T	E	R	■	B	E	E	P
P	R	I	X	F	I	X	E	■	B	A	R	E
■	■	■	A	R	S	■	A	T	O	M	I	C
A	N	G	L	O	■	B	R	U	T	■	■	■
P	O	O	L	■	C	L	I	N	T	O	N	■
E	R	R	■	S	H	U	L	A	■	D	E	S
■	M	Y	S	T	E	R	Y	■	M	O	S	T
■	■	■	K	E	Y	S	■	F	O	R	T	Y
E	X	H	U	M	E	■	A	I	D	■	■	■
I	R	O	N	■	N	E	X	T	E	X	I	T
R	A	N	K	■	N	A	I	S	M	I	T	H
E	Y	E	S	■	E	R	S	■	S	I	T	E

Sudoku

3	2						8	6
			3		2			
5		6				4		3
		1	7		6	3		
	9						6	
		3	4		8	2		
8		2				5		4
			6		5			
1	4						7	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	8	3	2	7	9	4	5	6
2	4	6	1	8	5	3	7	9
7	9	5	4	3	6	8	2	1
3	6	4	5	9	7	2	1	8
8	7	2	3	6	1	9	4	5
9	5	1	8	4	2	6	3	7
5	3	7	9	2	8	1	6	4
4	1	8	6	5	3	7	9	2
6	2	9	7	1	4	5	8	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy 6 1/2 years babba bum Loving u & needing u always. Thank u for being my best friend and all i have ever wanted, quatra ever!!! Love u more than that, my #1 travel partner

Michael, Happy Birthday sweetheart. I cant imagine if we didn't bump into each other that day. Im sorry I couldnt pull through this weekend. Your amazing, smart, funny & sexy but hurry up & fix yourself so we can run away together. **B**

Alex, words can not describe how much I adore you. I am so excited to marry you and start a family with you! I couldn't have asked for a better husband-to-be! I LOVE YOU!!! **CHRISTI**

Bling Bling Jonghyun Happy birthday pupsaurus! Wish you all the best and may SHINee continues to shine forever~<3 **XOXO CARMEN**

Today
10°/6°
Partly sunny
Wednesday
8°/5°
Rain
90%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The more you're tempted to take a risk, the more you should remind yourself there's no need.

♉ Taurus April 21-May 21 What looks like a problem now won't be one for long.

♊ Gemini May 22-June 21 If you make an error of some kind today, you must put it right the first chance you get.

♋ Cancer June 22-July 22 If you are not entirely sure you are doing the right thing, it might be better to do nothing at all.

♌ Leo July 23-Aug.23 Be careful what you say because a rival is looking for a reason to catch you and make you look bad.

♍ Virgo Aug. 24- Sept. 22 If you have skeletons in your closet, you must have a plan for when they're revealed.

♎ Libra Sept. 23-Oct. 23 Someone will say things to provoke you. Don't take the bait.

♏ Scorpio Oct. 24-Nov. 22 It's good to take your responsibilities seriously but don't let them take over your entire life.

♐ Sagittarius Nov. 23-Dec. 21 Be wary of someone who tries to coax you into taking a risk.

♑ Capricorn Dec. 22-Jan. 20 You are not responsible for all the bad things that happen in other people's lives.

♒ Aquarius Jan. 21-Feb. 18 Stick with what you have got, at least for the moment, and don't get greedy.

♓ Pisces Feb. 19-March 20. An individual who lacks common senese needs your help today.

SALLY BROMPTON

MARTIAL TREZZINI/THE ASSOCIATED PRESS

Caption contest

GERO BRELOER/ THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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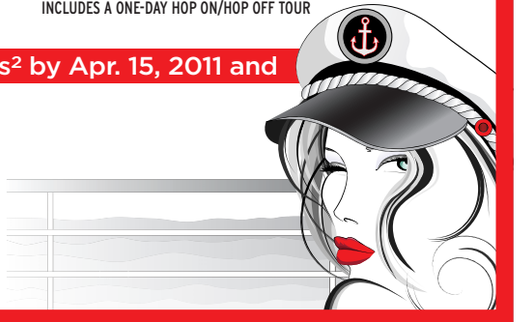

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22k	$29.69
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14k and dental	$18.89
10k	$13.49
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Additional Pricing

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Gold Coins Under 24kt (Per Gram of Gold)	$38.61/gram
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Unrecognized Silver bars 1 ounce or more	$0.93/gram
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Stamped .800 Silver	$0.60/gram
Unstamped Solid Silver	$0.49/gram
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Coins from 1966 or earlier	18.0 Times Face Value
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Coins from 1968	11.0 Times Face Value
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